

Shore Aquatic Center Aerobics Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00am River Fit 15 participants (river)	7:45-8:45am Aqua Conditioning 25 participants (shallow)	7:00-8:00am Aqua Fit 10 participants (shallow)	7:45-8:45am Aqua Conditioning 25 participants (shallow)	7:00-8:00am River Fit 15 participants (river)	8:00-9:00am Weekend Warrior 20 participants (deep)
Linda C	Julie H	Linda C	Julie H	Linda C	Jennifer C
9:45-10:45am Body Sculpt 15 participants (deep)		9:45-10:45am Balance & Stability 25 participants (therapeutic)	10:30-11:30am Aqua Yoga 20 participants pop-up sessions	9:45-10:45am Balance & Stability 25 participants (therapeutic)	9:30-10:30am Cardio Energizer 25 participants (shallow)
Victoria B		Victoria B	Anna M	Victoria B	Victoria B
	11:45a-12:45p Cardio Energizer 25 participants (shallow)		11:45a-12:45p Cardio Energizer 25 participants (shallow)		
	Elyse G		Elyse G		
	6:30-7:30pm Kickin' Booty 20 participants (deep)		6:30-7:30pm Kickin' Booty 20 participants (deep)		
	Jennifer C		Wendy B		

