



# Water Aerobics Schedule

## Winter 2025-2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>7:00am</b>	<b>Silver Splash</b> Cindy					
<b>8:00am</b>	<b>Water Zumba</b> Amanda	<b>Aqua HIIT</b> Patty	<b>Aqua HIIT</b> Cindy	<b>Aqua HIIT</b> Patty	<b>Dance Party</b> Cindy	<b>Aqua HIIT</b> Cindy
		<b>Silver Splash</b> Marina		<b>Silver Splash</b> Marina		
<b>9:00</b>		<b>Water Arthritis</b> Marina		<b>Water Arthritis</b> Marina		

\*Classes and instructors may vary.