

# GROUP AQUATICS CLASS SCHEDULE

## MONDAY



### POWER WAVES

6:00a – 6:45a

INSTRUCTOR: LIZ  
LOCATION: LAP POOL



### POWER WAVES

9:00a – 10:00a

INSTRUCTOR: DENISE  
LOCATION: LAP POOL



### ARTHRITIS

10:00a – 10:45a

INSTRUCTOR: BETTY  
LOCATION: FAMILY POOL



### ARTHRITIS

11:00a – 11:45a

INSTRUCTOR: BETTY  
LOCATION: FAMILY POOL



### ARTHRITIS

1:00p – 1:45p

INSTRUCTOR: BETTY  
LOCATION: FAMILY POOL

## WEDNESDAY



### POWER WAVES

6:00a – 6:45a

INSTRUCTOR: LIZ  
LOCATION: LAP POOL



### POWER WAVES

9:00a – 10:00a

INSTRUCTOR: DENISE  
LOCATION: LAP POOL



### ARTHRITIS

10:00a – 10:45a

INSTRUCTOR: BETTY  
LOCATION: FAMILY POOL



### ARTHRITIS

11:00a – 11:45a

INSTRUCTOR: BETTY  
LOCATION: FAMILY POOL



### ARTHRITIS

1:00p – 1:45p

INSTRUCTOR: BETTY  
LOCATION: FAMILY POOL

## FRIDAY



### POWER WAVES

6:00a – 6:45a

INSTRUCTOR: DENISE  
LOCATION: LAP POOL



### POWER WAVES

9:00a – 10:00a

INSTRUCTOR: DENISE  
LOCATION: LAP POOL



### ARTHRITIS

10:00a – 10:45a

INSTRUCTOR: BETTY  
LOCATION: FAMILY POOL



### ARTHRITIS

11:00a – 11:45a

INSTRUCTOR: BETTY  
LOCATION: FAMILY POOL



### ARTHRITIS

1:00p – 1:45p

INSTRUCTOR: BETTY  
LOCATION: FAMILY POOL