

Water Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am		Sunrise Splash Kristy		Sunrise Splash Kristy	
8:30am	Aqua Zumba Vicki		H2O Explosion Andrea	H2O Splash Heather	Aqua Zumba Vicki
9:30am	H2O Lilies		H2O Lilies		H2O Lilies

H2O Explosion- A super energetic class that will challenge you in strength and cardio. You are guaranteed to SWEAT!

Aqua Zumba- A fun but challenging class that uses Zumba and toning, making it easy on the joints and muscles.

H2O Lilies- This is a fun but challenging class the uses water dumbbells for a total body strength workout with great music

Revised February 2021