

DMAC SPRING WATER EXERCISE SCHEDULE

MON

AM

Aqua Aerobics
9:30-10:15am
Divya

Ai Chi
10:30-11:15am
Julia

PM

Aqua
Aerobics
6:15-7:00pm
Sophia

TUE

AM

Aqua Pilates
10:00-10:45am
Julia

Water
Walking
10:45-11:30am
Anne

PM

Aqua
Zumba
6:15-7:00pm
Taneesha

WED

AM

Arthritis
Ftn. of Youth
9:00-9:45am
Shirley

Arthritis
Intervals
9:45-10:30am
Shirley

Aqua Aerobics
10:45-11:30am
Divya

PM

Fit Float
6:15-7:00pm
Heather

THU

AM

Hydrorider
10:00-10:45am
Divya

Aqua Aerobics
10:45-11:30am
Divya

PM

Aqua
Aerobics
6:15-7:00pm
Sophia

FRI

AM

Hydrorider
10:00-10:45am
Divya

Aqua Boot
Camp
10:45-11:30am
Divya

PM

Aqua Boot
Camp
6:15-7:00pm
Bryan