

AQUA FITNESS SCHEDULE

EFFECTIVE JUNE 10, 2024

All Classes held at outdoor pool unless otherwise noted

SUN	MON	TUES	WED	THURS	FRI	SAT
AM						
	9-10 am Jane/Denise 9-10 am* Danya <i>*inside pool</i>	9-10 am Denise	9-10 am Jane	9-10 am Danya	9-10 am Jane/Kim	
PM						
5:00-5:45pm Drop-In* <i>inside pool</i> No Instructor		6:45-7:30 pm Kim* <i>inside pool</i>	6-7 pm Hula/Aqua Fit Denise/Ellen	6:30-7:15 pm Ellen		



ORCHARD HILLS
 ATHLETIC CLUB

