

# AQUA FITNESS SCHEDULE

SUN MON TUES WED THURS FRI SAT

## AM

**9:00-10:00**  
**Jane/Denise**

**9:00-10:00**  
**Denise**

**9:00-10:00**  
**Jane**

**9:00-10:00**  
**Danya/**  
**Denise starting 10/10**

**9:00-10:00**  
**Jane/Kim**

## PM

**5:00-5:45**  
**Drop-In**

**No**  
**Instructor**

**6:45-7:30**  
**Kim**

**6:45-7:30**  
**Johanna**



**Effective Sept. 16, 2024**

**ORCHARD HILLS**  
ATHLETIC CLUB

