

# Water Exercise Schedule

## Monday

**8:30-9:30 AM**  
Shallow Water  
Exercise

**1:30-2:30 PM**  
Deep Water  
Exercise

**7:00-8:00 PM**  
Deep Water  
Exercise

## Friday

**7:30-8:30 AM**  
Aqua Yoga

**8:30-9:30 AM**  
Shallow Water  
Exercise

## Tuesday & Thursday

**8:30-9:30 AM**  
Aqua Yoga 101

**10:00-11:00 AM**  
Deep Water  
Exercise

## Saturday

**9:00-10:00 AM**  
Deep Water  
Bootcamp

## Wednesday

**8:30-9:30 AM**  
Gentle Moves Shallow  
Water Exercise

**1:30-2:30 PM**  
Deep Water  
Bootcamp

**7:00-8:00 PM**  
Shallow Water  
Exercise

## WATER EXERCISE PRICES

### Drop In Rates

#### RESIDENT

Youth/Senior: \$5.75  
Disabled/Military: \$5.75  
Adult: \$7

#### NON-RESIDENT

Youth/Senior: \$7  
Disabled/Military: \$7  
Adult: \$8

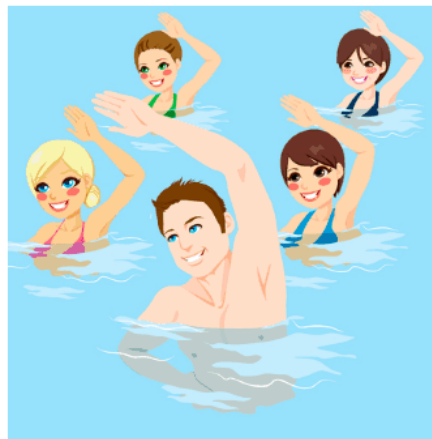
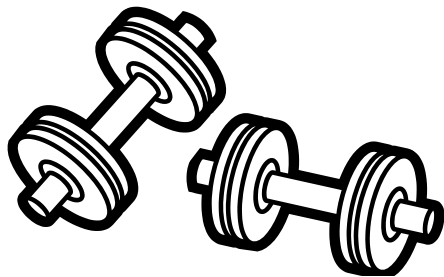
### 10 Visit Cards

#### RESIDENT

Youth/Senior: \$52.50  
Disabled/Military: \$52.50  
Adult: \$65

#### NON-RESIDENT

Youth/Senior: \$65  
Disabled/Military: \$65  
Adult: \$75



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AQUATIC  
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please call the cashier at  
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