



Water Exercise Summer 2017

June 20th - August 25th

Mon	Tue	Wed	Thur	Fri	Sat
6:00AM Aquaerobics Ken	6:00AM*	6:00AM Aquaerobics Ken	6:00AM*	6:00AM Aquaerobics Nathaniel/Ithica	
9:00AM Aqua Power Catherine Aquaerobics Holly	9:00AM Aqua Power Holly	9:00AM Aqua Power Ethan Aquaerobics Candy	9:00AM Aqua Power Candy	9:00AM Aqua Power Marsha Aquaerobics Candy	9:00AM Aqua Power Maureen
10:00 AM Aqua Power Holly Aquaerobics Catherine	10:00AM Pregnancy Fitness Holly	10:00 AM Aqua Power Ethan Aquaerobics Holly	10:00AM Pregnancy Fitness Candy	10:00 AM Aqua Power Holly Aquaerobics Marsha	10:00 AM Aquaerobics Maureen
11:00AM S.M.I.L.L.E. Holly	11:00AM S.M.I.L.L.E. Candy	11:00AM S.M.I.L.L.E. Holly	11:00AM S.M.I.L.L.E. Candy	11:00AM S.M.I.L.L.E. Holly	
5:35PM Aqua Power Angela	5:35PM Aqua Power Kim	5:35PM Aqua Power Nathaniel	5:35PM Aqua Power Kim	5:35PM Aqua Power Nathaniel	
6:35PM Aquaerobics Angela	6:35PM Pregnancy Fitness Kim	6:35PM Aquaerobics Nathaniel	6:35PM Pregnancy Fitness Kim		

Times designated with a * will have 1 - 2 lanes available for independent water exercise. Please look for designated lanes.

*** Classes cancelled 7/4/17**

Southwest Community Center and Swim Pool

6820 SW 45th Ave • 503-823-2840

