



Water Exercise

Fall 2017

September 18 - December 31st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM Aquaerobics Ken		6:00 AM Aquaerobics Ken		6:00 AM Aquaerobics Nathaniel/ Ithica	
9:00 AM Aquaerobics Holly Aqua Power Catherine	9:00 AM Aqua Power Holly	9:00 AM Aquaerobics Candy Aqua Power Ethan	9:00 AM Aqua Power Candy	9:00 AM Aquaerobics Candy Aqua Power Martha	9:00 AM Aqua Power Maureen
10:00 AM Aquaerobics Catherine Aqua Power Holly	10:00AM Pregnancy Fitness Holly	10:00 AM Aquaerobics Holly Aqua Power Ethan	10:00AM Pregnancy Fitness Candy	10:00 AM Aquaerobics Marsha Aqua Power Holly	10:00AM Aquaerobics Maureen
11:00 AM S.M.I.L.E Holly	11:00 AM S.M.I.L.E Candy	11:00 AM S.M.I.L.E Holly	11:00 AM S.M.I.L.E Candy	11:00 AM S.M.I.L.E Holly	
	1:30 PM Aqua Yoga Candy		1:30 PM Aqua Yoga Candy		
5:35 PM Aqua Power Nathaniel	5:35 PM Aqua Power Kim	5:35 PM Aqua Power Sami	5:35 PM Aqua Power Kim	5:35 PM Aqua Power Nathaniel	
6:35 PM Aquaerobics Nathaniel	6:35 PM Pregnancy Fitness Kim	6:35 PM Aquaerobics Sami	6:35 PM Pregnancy Fitness Kim		

The Pool will be closed on September 19th, November 24th, December 24th and 25th
Southwest Community Center and Swim Pool
6820 SW 45th Ave 503-823-2840

