

Water Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	Aqua Zumba Vicki		H2O Explosion Vicki	H2O Splash Heather	Aqua Zumba Vicki
9:30am	H2O Lilies		H2O Lilies		H2O Lilies
5:30pm		H2O Explosion Vicki		H2O Explosion Vicki	

H2O Explosion- A super energetic class that will challenge you in strength and cardio. You are guaranteed to SWEAT!

Aqua Zumba- A fun but challenging class that uses Zumba and toning making it easy on the joints and muscles.

H2O Lilies- This is a fun but challenging class the uses water dumbbells for a total body strength workout with great music.