

Water Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am	H2O Explosion Vicki		H2O Explosion Vicki	H2O Explosion Heather	H2O Explosion Vicki
9:30am	H2O Lilies		H2O Lilies		H2O Lilies

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

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