



# *GROUP AQUATICS SCHEDULE*

## *RUSSELLVILLE ROAD*

*DECEMBER 2018*

We will not hold any classes on 12/24 and the Gym will be closed on 12/25. We hope you have a Merry Christmas!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15am							
8:20-9:20am		Aqua Fit Jennifer	Aqua Strength Rous	Aqua Zumba Rous / Sintevia	Aqua Tabata Jennifer	Aqua-Fit Reina	Aqua Zumba Rous
9:30-10:30am		Aqua-Strength & Stability Rous		Aqua-Strength & Stability Reina		Aqua-Strength & Stability Megan	
4:30-5:30pm		F.I.T. Reina	Aqua Kickboxing Rous	Aqua Zumba Sintevia	Aqua Strength Reina	Aqua Tabata Jennifer	
5:30-6:30pm		Aqua Kickboxing Peggy	Aqua-Tabata Reina	F.I.T. Peggy	Aqua Zumba Rous		