

# DMAC SUMMER WATER EXERCISE SCHEDULE

## MON

AM

Aqua Aerobics  
7:15-8:00 am  
Divya

Ai Chi  
9:00-9:45 am  
Julia

PM

Aqua  
Aerobics  
6:15-7:00 pm  
Allie

## TUE

AM

Aqua Pilates  
9:00-9:45 am  
Julia

PM

Aqua  
Zumba  
6:15-7:00pm  
Taneesha

## WED

AM

Aqua Aerobics  
7:15-8:00 am  
Divya

Arthritis  
Ftn. of Youth  
8:00-9:00 am  
Shirley

Arthritis  
Intervals  
9:00-9:45 am  
Shirley

PM

Fit Float  
6:15-7:00pm  
Justin

## THU

AM

Aqua  
Aerobics  
7:15-8:00 am  
Divya

Hydrorider  
9:00-9:45 am  
Divya

PM

Aqua  
Aerobics  
6:15-7:00pm  
Darrek

## FRI

AM

Aqua Boot  
Camp  
7:15-8:00 am  
Divya

Hydrorider  
9:00-9:45 am  
Divya

PM

Aqua Boot  
Camp  
6:15-7:00pm  
Bryan