



# WATER EXERCISE CLASSES

AT THE DENNIS MALONE AQUATICS CENTER

## DMAC WATER EXERCISE SCHEDULE

### MON

AM

Aqua Aerobics  
9:30 - 10:15 am

Ai Chi  
10:30 - 11:15 am

PM

Aqua Aerobics  
6:15 - 7:00 pm

### TUE

AM

Aqua Pilates  
10:00 - 10:45 am

Water Walking  
10:45 - 11:30 am

PM

Aqua Zumba  
6:15 - 7:00 pm

### WED

AM

Arthritis  
Ftn. of Youth  
9:00 - 9:45 am

Arthritis  
Aqua Intervals  
9:45 - 10:30 am

Aqua Aerobics  
10:45 - 11:30 am

PM

Fit Float  
6:15 - 7:00 pm

### THU

AM

Hydrorider  
10:00 - 10:45 am

Aqua Aerobics  
10:45 - 11:30 am

PM

Aqua Aerobics  
6:15 - 7:00 pm

### FRI

AM

Hydrorider  
10:00 - 10:45 am

Aqua Boot Camp  
10:45 - 11:30 am

PM

Aqua Boot Camp  
6:15 - 7:00 pm

## Water Exercise Intensity Scale

