

DMAC SUMMMER WATER EXERCISE SCHEDULE

MON

AM

Aqua Aerobics
7:15-8:00am
Divya

Ai Chi
9:00-9:45am
Julia

PM

Aqua
Aerobics
6:15-7:00pm
Sophia

TUE

AM

Aqua Pilates
9:00-9:45am
Julia

PM

Aqua
Zumba
6:15-7:00pm
Taneesha

WED

AM

Aqua Aerobics
7:15-8:00am
Divya

Arthritis
Intervals
8:15-9:00am
Shirley

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

PM

Fit Float
6:15-7:00pm
Justin

THU

AM

Aqua
Aerobics
7:15-8:00 am
Divya

Hydrorider
9:15-10:00am
Divya

PM

Aqua
Aerobics
6:15-7:00pm
Sophia

FRI

AM

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

Hydrorider
9:15-10:00am
Divya

PM

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