



AUGUST WATER AEROBICS

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 AM	 SilverSplash Abby	Aqua Circuit Abby	 SilverSplash Abby	Aqua Interval Abby	
8:30 am	Aqua Interval Abby		Aqua Endurance Abby		
11:00 AM	Aquanastics No Instructor	Aquanastics No Instructor	Aquanastics No Instructor	Aquanastics No Instructor	Aquanastics No Instructor