

AQUA FITNESS SCHEDULE /22 -8/



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Fitness 6:45–7:45a Patty	Aqua Fitness 6:45–7:45a Debbie	Aqua Fitness 6:45–7:45a Patty	Aqua Fitness 6:45–7:45a Debbie	Aqua Fitness 6:45–7:45a Patty		
Aqua Fitness 7:55–8:50a Patty	Aqua Fitness 7:55–8:50a Shelley	Aqua Fitness 7:55–8:50a Debbie	Aqua Fitness 7:55–8:50a Shelley	Aqua Fitness 7:55–8:50a Amelie		Aqua Fitness 9:15–10:15a Shelly
		Aqua Fitness 6:15–7:15p Patty				
Aqua Fitness 6:15–7:15p Patty				Aqua Deep Jog/Run 6:00–7:00p Shelly		

Call the Family Y for more information (226-8981 x165) or email Patty Kondub (pkondub@westporty.org) with questions.

*Requires additional program fee.