

# WATER FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DEEP WATER BOOTCAMP</b> 9:30am <i>Jean - Lap Pool</i>	<b>DEEP WATER BLAST</b> 7:45am <i>Jean - Lap Pool</i>	<b>CARDIO MIX</b> 7:45am <i>Jen S - Rec Pool</i>	<b>DEEP WATER WALKING</b> 7:45am <i>Jean - Lap Pool</i>	<b>CARDIO MIX</b> 7:45am <i>Emily - Rec Pool</i>	<b>SHALLOW WATER CARDIO</b> 7:30am <i>Mary Louise - Rec Pool</i>
<b>MAKING WAVES</b> 6:45pm <i>Colleen - Rec Pool</i>	<b>ARTHRITIS FIT</b> 11:10am <i>Kristen - Rec Pool</i>	<b>AQUA FIT</b> 9:00am <i>Patti - Lap Pool</i>	<b>ARTHRITIS FIT</b> 11:10am <i>Kristen - Rec Pool</i>	<b>TABATA AQUA</b> 9:00am <i>Deb Q - Lap Pool</i>	
		<b>AQUA BLAST</b> 6:45pm <i>Sandy - Rec Pool</i>	<b>DEEP WATER CARDIO</b> 6:45pm-7:30pm <i>Joanne - Rec Pool</i>	<b>ARTHRITIS FIT</b> 11:10am <i>Kristen - Rec Pool</i>	

- **Reservations are required to attend class** and can be made up to 48 hours in advance on WC App. All classes have a maximum of 25 participants (*exception - Arthritis Fit*).
- We ask that members cancel 3 hours prior to the class or there will be a \$10 late cancellation no call/no show fee.
- Class Length: 45 Minutes
- For class descriptions please get in touch with our Aquatics Director, Ashley Cirillo at [acirillo@weymouthclub.com](mailto:acirillo@weymouthclub.com)
- Schedules are subject to change