

AQUATIC FITNESS CLASS SCHEDULE

FALL 2023

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Jog	Fritz Sick 8am - 9am	Fritz Sick 9am - 10am	Fritz Sick 8am - 9am	Fritz Sick 9am - 10am	Fritz Sick 8am - 9am	
	Stan Siwik 10:30am - 11:30am	Stan Siwik 7pm - 7:45pm	Stan Siwik 10:30am - 11:30am	Stan Siwik 7pm - 7:45pm	Stan Siwik 10:30am - 11:30am	
	Stan Siwik 8pm - 8:45pm		Stan Siwik 8pm - 8:45pm		Stan Siwik 7pm - 7:45pm	
Aqua Fit	Nicholas Sheran 11:30am - 12:30pm	Nicholas Sheran 9am - 10am	Nicholas Sheran 11:30am - 12:30pm	Nicholas Sheran 9am - 10am	Nicholas Sheran 9am - 10am	
	Fritz Sick 12pm - 1pm		Fritz Sick 12pm - 1pm	Nicholas Sheran 8pm - 8:45pm	Fritz Sick 12pm - 1pm	
	Nicholas Sheran 7pm - 7:45pm		Nicholas Sheran 7pm - 7:45pm			
Aqua Zumba		Fritz Sick 10am - 11am		Fritz Sick 10am - 11am		
		Nicholas Sheran 8pm - 8:45pm				
Senior Aqua Fit	Fritz Sick 9am - 10am		Fritz Sick 9am - 10am		Fritz Sick 9am - 10am	
AHS	Nicholas Sheran 11:30am - 12:30pm	Nicholas Sheran 11:30am - 12:30pm	Fritz Sick 10am - 11am	Nicholas Sheran 11:30am - 12:30pm	Fritz Sick 10am - 11am	
	Nicholas Sheran 3pm - 4pm	Nicholas Sheran 3:30pm - 4:30pm			Nicholas Sheran 1pm - 2pm	

Nicholas Sheran: 401 Laval Blvd W

Stan Siwik: 1901 15 Ave N

Fritz Sick: 420 11 St S

Henderson Outdoor Pool: 2710 Park Dr S

RecEx.ca/Lethbridge
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