

AQUATIC FITNESS CLASS SCHEDULE

2023

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|------------------------------------|--------------------------------------|------------------------------------|--------------------------------------|---------------------------------|----------|
| Aqua Jog | Fritz Sick 8am - 9am | Fritz Sick 8am - 9am | Fritz Sick 8am - 9am | Fritz Sick 8am - 9am | 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 7pm - 7:45pm | |
| Aqua Fit | Fritz Sick 12pm - 1pm | Nicholas Sheran 8am - 8:45am | Fritz Sick 12pm - 1pm | Nicholas Sheran 8am - 8:45am | Nicholas Sheran 8am - 8:45am | |
| | Nicholas Sheran 6:30pm - 7:15pm | Fritz Sick 9am - 10am | Nicholas Sheran 6:30pm - 7:15pm | Fritz Sick 9am - 10am | Fritz Sick 12pm - 1pm | |
| | Henderson Pool 7pm - 7:45pm | | Henderson Pool 7pm - 7:45pm | | | |
| Aqua Zumba | | Henderson Pool 10am - 11am | | Henderson Pool 10am - 11am | | |
| Senior Aqua Fit | Fritz Sick 9am - 10am | | Fritz Sick 9am - 10am | | Fritz Sick 9am - 10am | |
| AHS | Henderson Pool 10am - 11am | Nicholas Sheran 11:30am - 12:30pm | Henderson Pool 10am - 11am | Nicholas Sheran 11:30am - 12:30pm | Henderson Pool 10am - 11am | |
| | Nicholas Sheran 2:30pm - 3:30pm | Nicholas Sheran 3:30pm - 4:30pm | | | Nicholas Sheran 1pm - 2pm | |
| Baby Jog | | Stan Siwik 10:30am - 11:30am | | Stan Siwik 10:30am - 11:30am | | |

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

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