

# AQUATIC FITNESS SCHEDULE

# FALL 2024

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Aqua Jog</b>	<p>Stan Siwik 10:30am - 11:30am</p> <p>Stan Siwik 8pm - 8:45pm</p>	<p>Fritz Sick 9am - 10am</p> <p>Stan Siwik 7pm - 7:45pm</p>	<p>Stan Siwik 10:30am - 11:30am</p> <p>Stan Siwik 8pm - 8:45pm</p>	<p>Fritz Sick 9am - 10am</p> <p>Stan Siwik 7pm - 7:45pm</p>	<p>Fritz Sick 8am - 9am</p> <p>Stan Siwik 10:30am - 11:30am</p> <p>Stan Siwik 7pm - 7:45pm</p>
<b>Aqua Fit</b>	<p>Fritz Sick 9am - 10 am</p> <p>Nicholas Sheran 11:30am - 12:30pm</p> <p>Fritz Sick 12pm - 1pm</p> <p>Nicholas Sheran 7pm - 7:45pm</p>	<p>Nicholas Sheran 9am - 10 am</p>	<p>Fritz Sick 9am - 10 am</p> <p>Nicholas Sheran 11:30am - 12:30pm</p> <p>Fritz Sick 12pm - 1pm</p> <p>Nicholas Sheran 7pm - 7:45pm</p>	<p>Nicholas Sheran 9am - 10 am</p> <p>Nicholas Sheran 7:30pm - 8:15pm</p>	<p>Nicholas Sheran 8am - 9am</p> <p>Fritz Sick 9am - 10am</p> <p>Fritz Sick 12pm - 1pm</p>
<b>Aqua Zumba</b>		<p>Fritz Sick 10am - 11am</p> <p>Nicholas Sheran 8pm - 8:45pm</p>		<p>Fritz Sick 10am - 11am</p>	
<b>Power Jog</b>	<p>Fritz Sick 8am - 9am</p>		<p>Fritz Sick 8am - 9am</p>		
<b>AHS</b>	<p>Nicholas Sheran 3pm - 4pm</p>	<p>Nicholas Sheran 11:30am - 12:30pm</p> <p>Nicholas Sheran 3:30pm - 4:30pm</p>	<p>Fritz Sick 10am - 11am</p>	<p>Nicholas Sheran 11:30am - 12:30pm</p>	<p>Fritz Sick 10am - 11am</p> <p>Nicholas Sheran 1pm - 2pm</p>

**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](http://RecEx.ca/Lethbridge)

[Leth@recreationexcellence.com](mailto:Leth@recreationexcellence.com)



“Serious about fun”