

AQUATIC FITNESS SCHEDULE

FALL 2024

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

Leth@recreationexcellence.com



“Serious about fun”