

FITNESS CLASSES

WATER AEROBICS



March 2020

MON	TUES	WED	THURS	FRI
Senior Water Aerobics *8:30am-9:15am Sharon & Adele	**Aqua Fit 6:30am-7:15am Sharon **Deep H.I.I.T 8:30am-9:15am Sharon	Senior Water Aerobic 8:30am-9:15am Sharon & Adele	**Aqua Fit 6:30am-7:15am Sharon **Deep H.I.I.T 8:30am-9:15am Sharon **Gentle Water Workout 2:45pm-3:15pm Sharon	Senior Water Aerobics 8:30am-9:15am Sharon & Adele Mom & Tot 10:00am-10:45am *(registered class) Sharon

****CANCELLED CLASSES**

Thursday March 12
Aqua Fit
Deep H.I.I.T
Gentle Water Workout

6:30am-7:15am
8:30am-9:15am
2:45pm-3:15pm

Thursday March 19
Aqua Fit
Deep H.I.I.T
Gentle Water Workout

6:30-7:15am
8:30am-9:15am
2:45pm-3:15pm

Tuesday March 17
Aqua Fit
Deep H.I.I.T

6:30-7:15am
8:30am-9:15am

****Schedule Subject to change. Check our Real-Time Online Link: www.lloydminster.ca/bac**