



April Aqua Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<ul style="list-style-type: none"> ●6:30 Aqua Fatburners: Kathy ●9:00 Aqua Flex and Tone: Shelia ●10:00 Aqua Fatburners: Shelia ●11:00 Aqua Gentle Joints: Shelia ●12:00 Aqua Fatburners: Kathy ●3:00 Gentle Joints: Belinda ●5:30 Aqua Flex and Tone: Beverly 	<ul style="list-style-type: none"> ●6:30am Aqua Plyoga Carol ●11:00 Aqua Flex and Tone: Shon ●12:00 Aqua Aerobics: Shon ●4:30 Aqua 3:2:1: Kathy ●5:30 Aqua Sculpt: Kathy 	<ul style="list-style-type: none"> ●6:30 Aqua Fatburners: Kathy ●9:00 Aqua Flex and Tone: Shon ●10:00 Aqua Aerobics: Shon ●11:00 Aqua Gentle Joints: Shelia ●12:00 Aqua Fatburners: Shelia ●3:00 Gentle Joints: Belinda
<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<ul style="list-style-type: none"> ●6:30am Aqua Fatburners: Carol ●11:00 Aqua Flex and Tone: Belinda ●5:30 Aqua Flex and Tone: Beverly 	<ul style="list-style-type: none"> ●6:30 Aqua Fatburners: Kathy ●9:00 Aqua Flex and Tone: Beverly ●10:00 Aqua Fatburners: Kathy ●11:00 Aqua Gentle Joints: Kathy ●12:00 Aqua Fatburners: Kathy ●3:00 Gentle Joints: Belinda 	<ul style="list-style-type: none"> ●10:00 Aqua Sculpt: Carol <div style="border: 2px dashed black; padding: 10px; margin-top: 10px;"> <ul style="list-style-type: none"> ● Lift Aqua classes <p>All aqua classes are in the warm water pool.</p> </div>

Lift+ Aqua Classes

We offer a variety of aqua classes to meet your needs. You can join a high intensity or a gentle class while always being easy on the joints.

For more class information see full class description packet or visit www.liftjackson.com