



# October Aqua Class Schedule

## Monday

- 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

## Tuesday

- 6:30 Aqua Flex and Tone: Carol
- 11:00 Aqua Sculpt: Belinda
- 12:00 Aqua 3-2-1: Belinda
- 4:30 Aqua 3:2:1: Kathy
- 5:30 Aqua Sculpt: Kathy

## Wednesday

- 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

## Thursday

- 6:30 Aqua Flex and Tone: Carol
- 5:30 Aqua Flex and Tone: Beverly

## Friday

- 6:30 Aqua Fatburners: Kathy
- 10:00 Aqua Fatburners: Kathy
- 11:00 Aqua Gentle Joints: Kathy
- 12:00 Aqua Fatburners: Kathy
- 3:00 Gentle Joints: Belinda

## Saturday

- 10:00 Aqua Sculpt: Rotating

- Lift Aqua classes

All aqua classes are in the warm water pool.

## Lift+ Aqua Classes

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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](http://www.liftjackson.com)