



September 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 Plyoga: 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 Fatburners: 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

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