



# **WATER AEROBIC SCHEDULE**



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Hydro Training</b> 9AM	Savannah	Arlette	Arlette	Arlette	Savannah
<b>TLC Aqua Class</b> 10AM	Mary	Mary	Mary	Mary	Mary
<b>Hydro Training</b> 6PM		Arlette		Arlette	

- **Hydro Training** – Designed for all levels. It is a great way to relieve stress, while working on increased muscular and cardiovascular strength.
- **TLC Aqua Class**– Tender Loving Care (TLC) Aqua Class is designed to be easier on the joints, focusing less on cardio and more on mobility, flexibility, balance, and core strength. This is ideal for those with joint replacements, MS, or arthritis. Noodles and kickboards may be used. Ability to swim is not required.

