

October 2021

GROUP EXERCISE

RUSSELLVILLE ROAD - GROUP AQUATICS

MIX IT UP!

CLASSES ARE A GREAT WAY TO BREAK
THE ROUTINE AND STAY ACTIVE!

SUN

MON

TUES

WED

THU

FRI

SAT

Check out our new aqua class selections!

8:30 - 9:30AM

**Aqua
Tabata**

-Chandler

**Aqua
Zumba**

-Rose

**Aqua
Cardio**

-Chandler

**Coming
Soon!**

(*Aqua F.I.T.)

**Aqua
Zumba**

-Rose

9:30 - 10:30AM

**Aqua
Strength &
Stability**

-Rose

**Aqua
Strength
& Stability**

-10/6 Chandler
-10/13 Megan
-10/20 Jennifer
-10/27 Megan

**Aqua
Strength
& Stability**

-Megan

Aqua Blast

-10/3 Aqua Strength
& Stability- Amy

-10/9 Aqua F.I.T.
Megan

-10/16 Aqua Tabata -
Jennifer

-10/23 Bootcamp
Megan

-10/30 Aqua Dance -
Carrie

5:30 - 6:30PM

**Aqua
Bootcamp**

-Peggy

**Aqua
Dance**

-Carrie

**Aqua
Zumba**

-Rose