


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Aqua Zone Monday - Friday 4:00a-7a Early Lap Swim 8:00a-11a Lessons/Classes 4p - 7p Open Swim (lifeguards on duty 4-7p) 6:00p-8p Lessons/Classes 8:00p - 10p Late Lap Swim Saturday 7a-9a Lap Swim 9a-11a Classes/Lessons 11:00a-7p Open Swim (lifeguards on duty) Sunday 10a -12p Lap Swim/Lessons 12:00p-6p Open Swim (lifeguards on duty)</p> <p><small>*Lap swim times are only open for ages 18 +. Pool is closed during lesson/class times.</small></p>	9:00a Aqua ZUMBA Alma	9:00a Aqua ATTACK Mayra	9:00a CARDIO Conditioning Tanya	9:00a Aqua ZUMBA Alma <i>(no class 11/23)</i>	9:00a Aqua HIT Mayra <i>(no class 11/24)</i>	
	<p>The water is warm inside the dome! Put an Aqua GX class into your schedule... ...your joints will love you for it!</p>					9:00a Aqua ZUMBA Tricia
						10:00a Hydro FLOW/ Hydro POWER Tricia/Tracy
<p>Splash Zone Mon & Wed 11:00a - 1:00p Mon - Thur 4:00 9 - 8:00p Friday 3:00p - 7:00p Saturday 9:00a - 5:00p Sunday 12:00-5:00p</p>						
	7:00p Aqua BOX!! Tricia	7:00p Aqua ATTACK Tracy	7:00p Aqua ZUMBA Tricia <i>(no class 11/22)</i>	7:00p Hydro POWER Alma <i>(no class 11/23)</i>		



Please note:
 You must have Aqua Access on your membership to attend Aquatic Fitness Classes.

For questions about the BodyWorks general aquatics program, please contact aquatics@gobodyworks.com