

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Aqua Zone</b>  <b>Monday - Friday</b>            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  <b>Saturday</b>            7a-9a Lap Swim            9a-11a Classes/Lessons            11:00a-7p Open Swim            (lifeguards on duty)  <b>Sunday</b>            10a -12p Lap Swim/Lessons            12:00p-6p Open Swim            (lifeguards on duty)            *Lap swim times are only open for ages 18 +.            Pool is closed during lesson/class times.</p>	9:00a <b>Aqua ZUMBA</b> Alma <i>(no class 9/4)</i>	9:00a <b>Aqua ATTACK</b> Mayra	9:00a <b>CARDIO Conditioning</b> Tanya	9:00a <b>Aqua ZUMBA</b> Alma	9:00a <b>Aqua HIT</b> Mayra	
	<p><b>The temperatures are still hot!!!</b></p>					9:00a <b>Aqua ZUMBA</b> Tricia
	<p><b>Keep up your water workouts and stay "hydrated!"</b></p>					10:00a <b>Hydro FLOW/ Hydro POWER</b> Tricia/Tracy
<p><b>Splash Zone</b>  <b>Mon &amp; Wed</b>            11:00a - 1:00p  <b>Mon - Thur</b>            4:00 9 - 8:00p  <b>Friday</b> 3:00p - 7:00p  <b>Saturday</b> 9:00a - 5:00p  <b>Sunday</b> 12:00-5:00p</p>						
	7:00p <b>Aqua BOX!!</b> Tricia <i>(no class 9/4)</i>	7:00p <b>Aqua ATTACK</b> Tracy	7:00p <b>Aqua ZUMBA</b> Tricia	7:00p <b>Hydro POWER</b> Alma		



*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](mailto:aquatics@gobodyworks.com)