

# AQUATIC FITNESS SCHEDULE

FALL 2023: SEPTEMBER 10 - DECEMBER 16

|            | DIVE WELL  | SHALLOW END   | WARM WATER POOL   |
|------------|--|---|---|
| <b>SU</b>  | <p><b>8:30-9:20am</b><br/>Deep Intervals w/Teresa</p> <p><b>9:30-10:20am</b><br/>Deep Water w/Teresa</p>   |   |   |
| <b>MON</b> | <p><b>7:00-7:50am</b><br/>Deep Cardio HIIT w/Teresa</p> <p><b>10:30-11:20am</b><br/>Deep Water HIIT w/Carolyn</p>  | <p><b>9:30-10:20am</b><br/>Shallow Water w/Carolyn</p>  | <p><b>11:00-11:45am</b><br/>Ai Chi w/Geralyn</p> <p><b>12:00-12:45pm</b><br/>Arthritis w/Geralyn</p>  |
| <b>TUE</b> | <p><b>7:00-7:50pm</b><br/>Wakeup Blend w/CiCi</p> <p><b>8:00-8:50pm</b><br/>Tahoe Chillout w/CiCi</p> <p><b>9:00-9:50am</b><br/>Deep Water w/Teresa</p>          | <p><b>10:00-10:50am</b><br/>Aqua Cardio Kickboxing w/Teresa</p>   | <p><b>11:00-11:45am</b><br/>Arthritis w/Teresa</p>  |
| <b>WED</b> | <p><b>7:00-7:50am</b><br/>Deep Cardio HIIT w/Teresa</p> <p><b>10:00-10:50am</b><br/>Deep Water w/Geralyn</p> <p><b>1:00-1:50pm</b><br/>AquaFit Sports w/CiCi</p> |   | <p><b>11:15am-12:00pm</b><br/>Arthritis w/Geralyn</p> <p><b>12:00-12:50pm</b><br/>AquaFit Tech w/CiCi</p> <p><b>6:00-6:45pm</b><br/>PiYoChi w/Geralyn</p> |
| <b>THU</b> | <p><b>8:30-9:20am</b><br/>Deep Water HIIT w/Carolyn</p>  | <p><b>9:30-10:20am</b><br/>Aqua Cardio Blast w/Carolyn</p>  | <p><b>10:30-11:15am</b><br/>Arthritis w/Carolyn</p> <p><b>12:15-1:00pm</b><br/>Ai Chi w/Geralyn</p>   |
| <b>FRI</b> | <p><b>7:00-7:50am</b><br/>Deep Cardio HIIT w/Geralyn</p> <p><b>9:00-9:50am</b><br/>Deep Water w/Teresa</p> <p><b>11:00-11:50am</b><br/>Deep Water w/Geralyn</p>  | <p><b>10:00-10:50am</b><br/>Shallow Water w/Geralyn</p> <p><b>5:30-6:20pm</b><br/>Funky Groove w/CiCi</p> <p><b>6:45-7:35pm</b><br/>Happy Hour w/CiCi</p> |   |



Check out the new  
Fitness Pass!

|            | 55 CHURCH ST GYM  | HUNT BUILDING  | ONLINE   | OTHER*  |
|------------|---|--|--|---|
| <b>MON</b> | <p><b>4:15-5:15pm</b><br/>Body Sculpting w/Diane</p> <p><b>1:00-2:00pm</b><br/>Land Arthritis w/Teresa</p> <p><b>5:30-6:30pm</b><br/>Yoga for Stiff People w/Kelly</p>  | <p><b>6:30-7:30am</b><br/>Spin w/Mary</p>  |  | <p><b>9:00-10:00am</b><br/>Gentle Yoga w/Cathy<br/>WHITE POND BEACH</p>             |
| <b>TUE</b> | <p><b>8:30-9:30am</b><br/>Yoga Stretch &amp; Strength w/Lisa</p> <p><b>10:30-11:30am</b><br/>Stretch &amp; Arthritis w/Carolyn</p> <p><b>12:00-1:00pm</b><br/>Light Stretch &amp; Strength w/Carolyn</p> <p><b>4:15-5:15pm</b><br/>Body Sculpting w/Diane</p> |  |  | <p><b>10:00-11:00am</b><br/>Gentle Flow Yoga w/Eleonora<br/>EMERSON PARK</p>        |
| <b>WED</b> | <p><b>9:30-10:30am</b><br/>Yoga Basics w/Cathy</p> <p><b>5:30-6:30pm</b><br/>Yin Yoga w/Amber</p>   | <p><b>9:30-10:30am</b><br/>Boot Camp w/Carolyn</p> <p><b>10:30-11:30am</b><br/>Baby &amp; Me Boot Camp w/Carolyn</p> <p><b>11:30am-12:30pm</b><br/>Baby &amp; Me Dance w/Carolyn</p> |  |   |
| <b>THU</b> | <p><b>9:30-10:30am</b><br/>Pilates with Weights w/Lori</p> <p><b>4:00-5:00pm</b><br/>Gentle Yoga w/Melinda</p>  |  |  |   |
| <b>FRI</b> | <p><b>9:00-10:00am</b><br/>Body Sculpting w/Diane</p> <p><b>10:00-11:00am</b><br/>Stretch &amp; Arthritis w/Carolyn</p> <p><b>11:00am-12:00pm</b><br/>Yoga for Stiff People w/Kelly</p>   |  | <p><b>8:00-9:00am</b><br/>Yoga Stretch &amp; Strength w/Lisa</p> | <p><b>8:30-9:30am</b><br/>Walk Your Way to Wellness w/Geralyn<br/>EMERSON TRACK</p> |

\*These are classes held only during certain times of the year at seasonal locations.



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