

Water Fitness Schedule November 4 - December 21

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Exercise SPLASH		Exercise SPLASH		Exercise SPLASH		
6:45am	Exercise *Water WORKS 3		Exercise *Water WORKS 3		Exercise *Water WORKS 3		
8:00am	Exercise *Water Walking	Exercise *Strength & Stretch	Exercise *Water Walking	Exercise *Strength & Stretch	Exercise *Water Walking		
9:00am	Outdoor Leisure *Water WORKS 2	Exercise *Water WORKS 2	Outdoor Leisure *Water WORKS 2	Exercise *Water WORKS 2	Outdoor Leisure *Fri. Fusion <i>new fun format</i>		
9:00am	Outdoor Lap Bullet & Splash 90 mi.		Outdoor Lap Bullet & Splash 90 mi.		Outdoor Lap Bullet & Splash 90 mi.	Exercise *Aqua Float 10am	
10:00am	Outdoor Leisure *Water WORKS <i>Arthritis</i>	Exercise *Dev.Dis.	Outdoor Leisure *Water WORKS <i>Arthritis</i>	Exercise *Dev.Dis.	Outdoor Leisure *Water WORKS <i>Arthritis</i>	Outdoor Lap Power Splash	Outdoor Lap Finning <i>All lanes used</i>
11:00am	Outdoor Lap *M.S.	Exercise *Aqua Float	Outdoor Lap *M.S.		Outdoor Lap *M.S.		Outdoor Lap Deep Water
Noon	Exercise *Water WORKS 1		Exercise *Water WORKS 1		Exercise *Water WORKS 1		
1:00pm	Exercise *Water WORKS 2		Exercise *Water WORKS 2	Exercise *Aqua Float			Exercise *Aqua Float
5:15pm	Exercise *Water WORKS1 <i>Arthritis</i>	Exercise *Water WORKS 3	Exercise *Water WORKS 1 <i>Arthritis</i>	Exercise *Water WORKS 3			
5:30pm	Outdoor Lap Splash		Outdoor Lap Splash	Outdoor Lap Deep Finning			
6:30pm		Exercise *Wt. Management		Exercise *Wt. Management			

* - denotes classes available for Swipe Card Participants - Members Welcome

Michigan Athletic Club 2900 Hannah Blvd East Lansing MI 48823 517.364.8888
www.themac.org