

# Aquatic Group Fitness

## Michigan Athletic Club Water Fitness Schedule June 8– September 6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Splash Exercise		Splash Outdoor Pool		Splash Exercise		
6:45am	*Water Works 3 Exercise		*Water Works 3 Exercise		*Water Works 3 Exercise		
8:00am	*Water Walking Exercise	*Strength & Stretch Exercise	*Water Walking Exercise	*Strength & Stretch Exercise	*Water Walking Exercise		
9:00am	*Water Works 2 Exercise	*Water Works 2 Exercise	*Water Works 2 Exercise	*Water Works 2 Exercise	*Fusion Exercise		
	Aqua Marines Lap						
10:00am	Water Works Arthritis Exercise	*Developmentally Disabled Exercise	Water Works Arthritis Exercise	*Developmentally Disabled Exercise	Water Works Arthritis Exercise	Splash Outdoor lap	Finning Outdoor lap
	Bullet and Sculpt Outdoor Lap 10:30-11:45						
11:00am	*M.S Outdoor lap		*M.S lap		*M.S lap		Splash Outdoor lap
12:00pm	*Water Works 1 Exercise		*Water Works 1 Exercise		*Water Works 1 Exercise		
1:00pm	*Water Works 2 Exercise	*Aqua Float Exercise	*Water Works 2 Exercise	*Aqua Float Exercise		*Aqua Float Exercise	*Aqua Float Exercise
5:30pm	*Water Works 1 Arthritis Exercise	*Water Works 3 Exercise	*Water Works 1 Arthritis Exercise	*Water Works 3 Exercise			
	Splash Outdoor lap		Splash Outdoor lap	Splash Outdoor Lap			
6:30pm	Masters Swim Outdoor Lap	*Weight Management Exercise	Masters Swim Outdoor Lap	*Weight Management Exercise			
		Masters Swim Outdoor Lap		Masters Swim Outdoor Lap			

\*denotes classes available for swipe card participants – Members Welcome at all classes

Updated 6/12/09

