

Aquatic Group Fitness

Michigan Athletic Club Water Fitness Schedule October 19th – December 20th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--|--|-----------------------------------|--|--|----------------------|----------------------|
| 6:00am | Splash Exercise | | Splash Exercise | | 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 | | |
| | Bullet & Splash Outdoor Lap 9:30-10:30 | Bullet & Splash Outdoor Lap 9:30-10:30 | | Bullet & Splash Outdoor Lap 9:30-10:30 | Bullet & Splash Outdoor Lap 9:30-10:30 | | |
| 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 |
| 11:00am | *M.S lap | *Aqua Float Exercise | *M.S lap | *Aqua Float Exercise | *M.S lap | *Aqua Float Exercise | Splash Outdoor Lap |
| | | | | | | | *Aqua Float Exercise |
| 12:00pm | *Water Works 1 Exercise | | *Water Works 1 Exercise | | *Water Works 1 Exercise | | |
| 1:00pm | *Water Works 2 Exercise | | *Water Works 2 Exercise | | *Water Works 2 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
Aquatic Personal Training is also available please contact the Concierge Desk for more information

