

## Michigan Athletic Club Water Fitness Schedule January 4<sup>th</sup> – April 11<sup>th</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Splash (Lori) <b>Exercise</b>		Splash (Lori) <b>Exercise</b>		Splash (Lori/Irma) <b>Exercise</b>		
6:45am	*Water Works 3 (Lori) <b>Exercise</b>		*Water Works 3 (Lori) <b>Exercise</b>		*Water Works 3 (Lori/Irma) <b>Exercise</b>		
8:00am	*Water Walking (Lori) <b>Exercise</b>	*Strength & Stretch (Kelly) <b>Exercise</b>	*Water Walking (Lucy) <b>Exercise</b>	*Strength & Stretch (Kelly) <b>Exercise</b>	*Water Walking (Kelly) <b>Exercise</b>		
9:00am	*Water Works 2 (Lucy) <b>Exercise</b>	*Water Works 2 (Lucy) <b>Exercise</b>	*Water Works 2 (Lucy) <b>Exercise</b>	*Water Works 2 (Lucy) <b>Exercise</b>	*Fusion (Nancy) <b>Exercise</b>		
	Bullet & Splash (Kelli) <b>Outdoor Lap</b> 9:30-10:30	Bullet & Splash (Rotating) <b>Outdoor Lap</b> 9:30-10:30		Bullet & Splash (Kelli) <b>Outdoor Lap</b> 9:30-10:30	Bullet & Splash (Kristen) <b>Outdoor Lap</b> 9:30-10:30		
10:00am	*Water Works Arthritis (Lucy/Collette) <b>Exercise</b>	*Developmentally Disabled (Lucy) <b>Exercise</b>	*Water Works Arthritis (Collette) <b>Exercise</b>	*Developmentally Disabled (Lucy) <b>Exercise</b>	*Water Works Arthritis (Nancy) <b>Exercise</b>	Splash (Rotating) <b>Outdoor Lap</b>	Finning (Nancy/Irma) <b>Outdoor Lap</b>
11:00am	*M.S (Collette) lap	*Aqua Float <b>Exercise</b>	*M.S (Collette) lap	*Aqua Float <b>Exercise</b>	*M.S (Nancy) lap	*Aqua Float <b>Exercise</b>	Splash (Rotating) <b>Outdoor Lap</b>
							*Aqua Float <b>Exercise</b>
12:00pm	*Water Works 1 (Collette) <b>Exercise</b>		*Water Works 1 (Collette) <b>Exercise</b>		*Water Works 1 (Nancy) <b>Exercise</b>		
1:00pm	*Water Works 2 (Collette) <b>Exercise</b>		*Water Works 2 (Collette) <b>Exercise</b>		*Water Works 2 (Collette) <b>Exercise</b>		
5:30pm	*Water Works 1 Arthritis (Ida) <b>Exercise</b>	*Water Works 3 (Kelly) <b>Exercise</b>	*Water Works 1 Arthritis (Ida) <b>Exercise</b>	*Water Works 3 (Collette) <b>Exercise</b>			
	Splash (Rotating) <b>Outdoor Lap</b>		Splash (Rotating) <b>Outdoor Lap</b>	Splash (Kristen) <b>Outdoor Lap</b>			
6:30pm	Masters Swim (Aaron) <b>Outdoor Lap</b>	*Weight Management (Kelly) <b>Exercise</b>	Masters Swim (Andrew) <b>Outdoor Lap</b>	*Weight Management (Collette) <b>Exercise</b>			
		Masters Swim (Mark) <b>Outdoor Lap</b>		Masters Swim (Erin) <b>Outdoor Lap</b>			

The schedule is subject to change without notice due to staff availability, rentals or any other unforeseen emergencies.

\*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