



FITNESS CLASSES

Aqua Fit:	Monday/Wednesday/Friday Tuesday/Thursday Thursday	8:00am-9:00am 8:00am-9:00am 7:00pm-8:00pm	Instructor: Carol Instructor: Jean Instructor: Janet
Aqua Fit Senior:	Tuesday/Thursday	9:00am-10:00am	Instructor: Jean
Deep Water Aqua Fit:	Tuesday/Thursday	1:00pm-1:45pm	Instructor: Carol
Silver Sneakers Splash	Wednesday	9:00am-9:45am	Instructor: Nourma
Aqua Zumba:	Tuesday	11:30am-12:15pm	Instructor: Janet
Aqua Yoga:	Tuesday	12:30pm-1:15pm	Instructor: Janet
*Silver Sneakers Classic:	Tuesday/Thursday Wednesday	10:00am-10:45am 10:00am-10:45am	Instructor: Nourma Instructor: Nourma
*Silver Sneakers Yoga:	Tuesday/Thursday	11:00am-11:45am	Instructor: Carol
*Silver Sneakers BOOM:	Tuesday/Thursday	12:00pm-12:45pm	Instructor: Carol
*Silver Sneakers Circuit:	Tuesday	1:45pm-2:30pm	Instructor: Janet

**Classes held in Gallery*

Please stop by the Front Desk in order to check in and receive a card for your desired class, prior to the class. Classes are offered on a first come first serve basis.

Check our website for a list of class descriptions!

www.triangleaquatics.org/programs