

Aqua Fitness Summer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 9:30am Aqua Core	8:30 - 9:30am Wet & Wild	8:30 - 9:30am Power Plunge	8:30 - 9:30am Wet & Wild	8:30 - 9:30am Power Plunge
9:30 ~ 10:30 am Aqua Flex		9:30 ~ 10:30 am Power Plunge		
	6:30 - 7:30pm Aquatic Core Conditioning		6:30 - 7:30pm Aquatic Core Conditioning	

Please see the community board for an instructor schedule



ORCHARD HILLS ATHLETIC CLUB

Effective June 14, 2010