

CCAC Water Aerobic Schedule

Summer 2019

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arthritis Therapy	Kim 9:15-10:00 AM	X	Kim 9:15-10:00 AM	X	Susan G. 9:15-10:00 AM	X
Body Sculpt	Yanet 10:00-10:45 AM	Cheryl 9:00-9:45 AM	Cheryl 10:00-10:45 AM	Cheryl 9:00-9:45 AM	Susan G. 10:00-10:45 AM	X
Deep H2O Aerobics	Kim 10:00-10:45 AM	Cheryl 10:00 -10:45AM	Kim 10:00-10:45 AM	Cheryl 10:00 -10:45AM	Cheryl 10:00 -10:45AM	X
Positive Changes	Kim 10:45-11:30 AM	X	Kim 10:45-11:30 AM	X	Cheryl 10:45-11:30 AM	X
Shallow H2O Aerobics	Susan K. 5:30-6:15PM	Heidi 6:45-7:30PM	Susan K. 5:30-6:15PM	Yanet 6:45-7:30PM	X	Staff 9:00-9:45AM
Deep H2O Aerobics	Susan K. 6:30-7:15 PM	Heidi 6:00-6:45 PM	Susan K. 6:30-7:15 PM	Yanet 6:00-6:45 PM	X	X