

# CCAC Water Aerobic Schedule 2021

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00AM	Arthritis Therapy Susan G.	Shallow Water Cheryl	Arthritis Therapy Susan G.	Shallow Water Jennifer	Fast Flow Yoga Susan G.	
10:15-11:00AM	Shallow Water Kim	Shallow Water Cheryl	Shallow Water Cheryl	Shallow Water Jennifer	Shallow Water Susan G.	Shallow Water Cheryl
11:15AM-12:00PM	Deep Water Kim	Deep Water Cheryl	Deep Water Cheryl	Deep Water Susan G.	Deep Water Susan G.	<b>X</b>
5:45-6:30PM	<b>X</b>	Shallow Water Heidi	Shallow Water Yanet	Shallow Water Yanet	<b>X</b>	<b>X</b>
6:45-7:30PM	<b>X</b>	Deep Water Heidi	Deep Water Yanet	Deep Water Yanet	<b>X</b>	<b>X</b>