

CCAC Water Aerobic Schedule

November – December 2021

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