



AQUA CLASSES

Aqua Aerobics – Splash into this low impact cardio and conditioning class! Instructors use the latest aqua-based techniques to provide a high-energy workout that is easy on the joints. Bar bells and noodles are also used for upper-body and core training. All fitness levels are welcome!



Aqua Classes

June 1-August 15
2010

All classes are MULTI-LEVEL and held in the Lap Pool. "Plum" denotes new class, new time, or new instructor. We will be closed on Sunday, July 4 ----- Independence Day.

Please note that the east lane line will not be pulled in the lap pool unless there are TWELVE participants in class five minutes after the start time.

MONDAY	9:00-10:00a 5:30-6:30p	Aqua Aerobics Aqua Aerobics	Christine Kris
TUESDAY	9:00-10:00a	Aqua Aerobics	Diane
WEDNESDAY	9:00-10:00a 5:30-6:30p	Aqua Aerobics Aqua Aerobics	Anne Susan
THURSDAY	9:00-10:00a	Aqua Aerobics	Diane
FRIDAY	9:00-10:00a 5:30-6:30p	Aqua Aerobics Aqua Aerobics & Aqua Momma	Mary Kris
SATURDAY	6:15-8:15a 9:00-10:00a	Tri-Training Group Aqua Aerobics	Kate S. Randi
SUNDAY	9:00-10:00a	Aqua Aerobics	Jody/Julie Kris/Kathy



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