



## The Wellness Center of Cape Coral Aquatic Exercise Schedule

2/1/2011											
Time	Monday Aquatics	Pool	Time	Wednesday Aquatics	Pool	Time	Friday Aquatics	Pool			
9:30 AM	H2O Splash - Nancy	LP	9:30 AM	H2O Splash - Philly	LP	9:30 AM	Chips & Salsa - Nancy	LP			
10:30AM	Stretch & Strong - Philly	TP	10:30AM	Stretch & Strong - Philly	TP	10:30AM	Stretch & Strong - Frances	TP			
11:15AM	TAP - Philly	TP	11:15AM	TAP - Philly	TP	11:15AM	TAP - Debbi	TP			
1:00 PM	Aquatic Art - Philly/Frances	TP	1:00 PM	Aquatic Art - Philly/Frances	TP						
			5:00 PM	Aqua Zumba - Kelly	LP						
6:00 PM	Chips & Salsa - Nancy	LP	6:00 PM	Fat Blaster! - Nancy	LP						
7:00 PM	Aqua Yo-Chi - Nancy	TP	7:00 PM	Aqua Yo-Chi - Nancy	TP						
Time	Tuesday Aquatics	Pool	Time	Thursday Aquatics	Pool	Time	Saturday Aquatics	Pool			
9:30 AM	H2O Splash - Jennifer	LP	9:30 AM	H2O Splash - Jennifer	LP						
10:00AM	Gentle Aquatic Yoga - Frances	TP	10:00AM	Gentle Aquatic Yoga - Frances	TP	10:00AM	H2O Splash - Rosemary	LP			
10:30AM	Aqua Bootcamp - Jennifer	LP	10:30AM	Aqua Bootcamp - Jennifer	LP						
11:30AM	MS Aqua	LP & TP	11:30 AM	MS Aqua	LP & TP						
6:00 PM	Total Cardio - Nancy	LP	6:00 PM	H2O Splash - Nancy	LP						
7:00 PM	Aqua Yo-Chi - Nancy	TP				9AM-1PM	Swim Lesson Sessions 4 wk	TP			
						***Still room to enter Therapy Pool for members***					
	<b>***Legend***</b>		One lap lane is always available for lap swimmers Courtesy amongst class participants & swimmers will make everyone's experience most enjoyable!			<b>Time</b>	<b>Sunday Aquatics</b>	<b>Pool</b>			
	LP - Lap Pool - 25 yds					10:00AM	Anything Goes! - Nancy	LP			
	TP - Therapy Pool										
	* - 30 minutes ** - Fee Based										