



## The Wellness Center of Cape Coral Aquatic Exercise Schedule

10/26/2011

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 - Philly	TP
1:00 PM	Aquatic Art - Philly/Frances	TP	1:00 PM	Aquatic Art - Philly/Frances	TP			
6:00 PM	Chips & Salsa - Nancy	LP	5:00 PM	Chips & Salsa - Nancy	LP			
7:00 PM	Aqua Yo-Chi - Nancy	TP	6:00 PM	Fat Blaster! - Nancy	LP			
			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 - Sarah	LP	9:30 AM	H2O Splash -Sarah	LP	10:00AM	H2O Splash - Rosemary	LP
10:00AM	Gentle Aquatic Yoga - France	TP	10:00AM	Gentle Aquatic Yoga - France	TP			
10:30AM	Aqua Bootcamp - Karen	LP	10:30AM	Aqua Bootcamp -Sarah	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	9AM-1PM	Swim Lesson Sessions 4 wk	TP
7:00 PM	Aqua Yo-Chi - Nancy	TP				***Still room to enter Therapy Pool for members***		
<b>***Legend***</b> LP - Lap Pool - 25 yds TP - Therapy Pool * - 30 minutes ** - Fee Based			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>
						10:00AM	Anything Goes! - Nancy	LP