

Apex Center

AQUA FITNESS INSTRUCTOR SCHEDULE

Updated April 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-8 am Aquacise Cindee	7-8 am Aquacise Kim	7-8 am Aquacise Kim	7-8am Aquacise Cindee	7-8 am Aquacise Kim
8-9 am Aquacise Beth	8-9 am Aquacise Beth	8-9 am Aquacise Jason	8-9 am Aquacise Beth	8-9 am Aquacise Jason
	9:15-10 am Fish Bowl Barb		9:15-10 am Fish Bowl Barb	
1-2 pm Fish Bowl Beth		1-2 pm Fish Bowl Beth		1-2 pm Fish Bowl Beth
7-8 pm Aquacise Cindee		7-8 pm Aquacise Cindee	7-8 pm Aquacise Stephanie	



Fish Bowl Class (Formerly known as Arthritis Foundation Basic Class)

Flexibility
Independence in mobility
Strength & Stretching
Healthy attitude and having fun

Balancing and breathing
Opportunities for social interaction
Water endurance conditioning
Laughing and Smiling

