

# Apex Center

## AQUA FITNESS INSTRUCTOR SCHEDULE

Updated July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-8 am Aquacise Cindee	7-8 am Aquacise Kim	7-8 am Aquacise Kim	7-8 am Aquacise Cindee	7-8 am Aquacise Kim
8-9 am Aquacise Beth	8-9 am Aquacise Barb	8-9 am Aquacise Jason	8-9 am Aquacise Joann	8-9 am Aquacise Jason
	9:15-10 am Fish Bowl Barb		9:15-10 am Fish Bowl Beth	
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 and Stretching  
 Healthy attitude and having fun

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

