

Woodland Trails Pool Aqua Fitness August & Post Season Schedule

River Trails Park District-Woodland Trails Pool Aqua Fitness						
Post Season Aqua Fitness Starts Monday August 22						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
Deep Water 6-7am		Deep Water 6-7am	Aqua Yoga 9:15-10:15am	Deep Water 6-7am	Deep Water 8:30-9:30am	Deep Water 8:30-9:30am
Aqua Motion 10:45-11:45am	Aqua Cardio Combo 10:45-11:45am	Aqua Motion 10:45-11:45am	Aqua Cardio Combo 10:45-11:45am	Deep/Shallow 10:45-11:45am	Aqua Cardio 9:45-10:45am	9:45am Deep Water CANCELLED!!
Deep Water 5:15-6:15PM		Deep Water 5:15-6:15PM				
8	9	10	11	12	13	14
Deep Water 6-7am		Deep Water 6-7am	Aqua Yoga 9:15-10:15am	Deep Water 6-7am	Deep Water 8:30-9:30am	Deep Water 8:30-9:30am
Aqua Motion 10:45-11:45am	Aqua Cardio Combo 10:45-11:45am	Aqua Motion 10:45-11:45am	Aqua Cardio Combo 10:45-11:45am	Deep/Shallow 10:45-11:45am	Aqua Cardio 9:45-10:45am	Deep Water 9:45-10:45am
Deep Water 5:15-6:15PM		Deep Water 5:15-6:15PM				
15	16	17	18	19	20	21
Deep Water 6-7am		Deep Water 6-7am		Deep Water 6-7am		
		Aqua Yoga 8:45-9:45am		Aqua Yoga 8:45-9:45am		
Aqua Motion 9:45-10:45am		Aqua Motion 9:45-10:45am		Aqua Motion 9:45-10:45am		
22	23	24	25	26	27	28
Deep Water 6-7am		Deep Water 6-7am		Deep Water 6-7am		
		Aqua Yoga 8:45-9:45am		Aqua Yoga 8:45-9:45am		
Aqua Motion 9:45-10:45am		Aqua Motion 9:45-10:45am		Aqua Motion 9:45-10:45am		
30	31	1	2	3	4	5
Deep Water 6-7am		Deep Water 6-7am		Deep Water 6-7am		
		Aqua Yoga 8:45-9:45am		Aqua Yoga 8:45-9:45am		
Aqua Motion 9:45-10:45am		Aqua Motion 9:45-10:45am		Deep Water 9:45-10:45am		

Post Season Aqua Fitness Punch Cards

3 Punches \$18R/\$22NR 6 Punches \$33R/\$39NR Unlimited (Aug. 22-Sept 2) \$45R/\$54NR

-Summer punch cards expire on August 19 and will not be valid for post season.

-Post Season Aqua Punch Cards are valid from August 15-September 2

-Cards are only valid for person listed on the card, cards cannot be shared and presented to the instructor prior to taking class