



Revised 6/4/18

Day of the Week	Davenport Temp: 82 degrees Therapeutic: 90 degrees	West Temp: 80 degrees	North Temp: 82 degrees	Bettendorf Temp: 83-85 degrees
MONDAY	WARM WATER EX 8-8:50AM ***** THE NEXT STEP/SMALL POOL 9-10AM ***** AQUA CHALLENGE/LARGE POOL 10-11AM ***** WARM WATER EXERCISE SMALL POOL 12:30-1:30PM ***** ARTHRITIS WHOLE BODY EXERCISE SMALL POOL 1:30-2:30PM ***** ARTHRITIC/SMALL POOL 4:15-5:15PM ***** DAYS END-SM POOL 6:15-7PM		AQUA FIT SHALLOW 9:00-10:00AM ***** AQUA FIT DEEP 5:45-6:30PM	AQUA FIT CHALLENGE 6:45-7:45AM ***** AQUA FIT DEEP 8-9AM ***** AQUA FIT SHALLOW 9:15-10AM ***** AQUA FIT SHALLOW 10-10:45AM ***** AQUA CHALLENGE 5-6PM
TUESDAY			AQUA FIT DEEP 6-6:45AM *****	AQUA ZUMBA 7:25-8:25AM ***** AQUA FIT CHALLENGE 8:30-9:30AM
WEDNESDAY	WARM WATER EX 8-8:50AM ***** THE NEXT STEP/SM POOL 9-10AM ***** AQUA CHALLENGE/LARGE POOL 10:05-11:05AM ***** WARM WATER EXERCISE SMALL POOL 12:30-1:30PM ***** ARTHRITIS WHOLE BODY EXERCISE SMALL POOL 1:30-2:30PM ***** DAYS END-SM POOL 6:15-7PM		AQUA FIT SHALLOW 9:00-9:45AM ***** AQUA FIT DEEP 10:00-10:45AM ***** AQUA FIT DEEP 5:45-6:30PM	AQUA FIT CHALLENGE 6:45-7:45AM ***** AQUA FIT DEEP 8-9AM ***** AQUA FIT SHALLOW 9:15-10AM ***** AQUA FIT SHALLOW 10-10:45AM ***** AQUA CHALLENGE 5-6PM
THURSDAY	ARTHRITIS/SMALL POOL 4:15-5:15PM		AQUA FIT DEEP 5:45-6:30AM	AQUA ZUMBA 7:25-8:25AM ***** AQUA FIT CHALLENGE 8:30-9:30AM

<p>FRIDAY</p>	<p>WARM WATER EX 8-8:50AM ***** THE NEXT STEP-SM POOL 9-10AM ***** AQUA CHALLENGE 10:05-11:05AM /LARGE POOL ***** WARM WATER EXERCISE SMALL POOL 12:30-1:30PM ***** ARTHRITIS WHOLE BODY EXERCISE SMALL POOL 1:30-2:30PM</p>		<p>AQUA FIT SHALLOW 9:00-10:00AM</p>	<p>AQUA FIT CHALLENGE 6:45-7:45AM ***** AQUA FIT DEEP 8-9AM ***** AQUA FIT SHALLOW 9:15-10AM ***** AQUA FIT SHALLOW 10-10:45AM</p>
<p>SATURDAY</p>	<p>ARTHRITIS/SMALL POOL 9-10AM *****</p>		<p>AQUA FIT DEEP 9-10AM</p>	<p>AQUA FIT CHALLENGE 8:30-9:30AM</p>