

BTSS GROUP FITNESS -AQUA- FALL- SEP/OCT/NOV

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LAP SWIM 7:15-8:00	AQUA BOOT CAMP 7:15-8:00	LAP SWIM 7:15 -8:00	AQUA INTERVAL 7:15-8:00	LAP SWIM 7:15-8:00
POOL NOODLE WORKOUT 8:30-9:15	TOTAL BODY AQUA 8:30-9:15	AQUA CIRCUIT 8:30-9:15	ENDURANCE CORE & BALANCE 8:30-9:15	POOL NOODLE WORKOUT 8:30-9:15
AQUA INTERVAL 9:45-10:30	AQUA THERAPY 9:45-10:30	AQUA INTERVAL 9:45-10:30	ET WORKOUT 9:45-10:30	AQUA INTERVAL 9:45-10:30
ENDURANCE CORE & BALANCE 11:00-11:45	AQUA CIRCUIT 11:00-11:45	ET WORKOUT 11:00-11:45	AQUA BOOTCAMP 11:00-11:45	WATER WALKING 11:00-11:45
WATER WALKING 12:15-1:00	AQUA ENERGY 12:15-1:00	ENDURANCE CORE & BALANCE 12:15-1:00	AQUA ENERGY 12:15-1:00	ENDURANCE *CARDIO* & BALANCE 12:15-1:00
OPEN SWIM 1:30-2:15	LAP SWIM 1:30-2:15	LAP SWIM 1:30-2:15	LAP SWIM 1:30-2:15	OPEN SWIM 1:30-2:15
WATER WELLNESS 2:20-3:05	GENTLE WATER 2:20-3:05	WATER WELLNESS 2:20-3:05	GENTLE WATER 2:20-3:05	WATER WELLNESS 2:20-3:05
				LN

Pre-registration required! Please see newsletter for class descriptions & more details. Questions about a class?

Contact: Fitness Coordinator, Amanda Dupree ADupree@bloomfieldtwpmi.gov

Pool Coordinator, Ernie Thomas EThomas@bloomfieldtwpmi.gov

*** Lap Swim - Residents Only*