

BTSS GROUP CLASS SCHEDULE - AQUA SUMMER (JUN/JUL/AUG)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIM M/W 7:15-8:00 (ET)	AQUA RESISTANCE TRAINING 7:30-8:30 (ET)	LAP SWIM M/W 7:15 -8:00 (ET)	AQUA RESISTANCE TRAINING 7:30-8:30 (ET)	LAP SWIM 7:15-8:00 (ET)	
POOL NOODLE WORKOUT 8:30-9:15 (ET)	TOTAL BODY AQUA 9:00-10:00 (ET)	POOL NOODLE WORKOUT 8:30-9:15 (ET)	TOTAL BODY AQUA 9:00-10:00 (ET)	POOL NOODLE WORKOUT 8:30-9:15 (ET)	
AQUA CIRCUIT 9:30-10:20 (BS)	AQUA ENERGY & FLOW 10:30-11:30 (BS)	AQUA INTERVAL 9:30-10:20 (BS)	AQUA ENERGY & FLOW 10:30-11:30 (BS)	AQUA STRONG & FIT 9:30-10:30 (MBe)	
ENDURANCE CORE & BALANCE 11:00-12:00 (ET)	AQUA BOOT CAMP 12:00-1:00 (ET)	LABLAST SPLASH 11:00 -11:50 (DT)	AQUA BOOT CAMP 12:00 - 1:00 (ET)	WATER WALKING 11:00-11:50 (ET)	
WATER WALKING 1:30 - 2:15 (ET)	LAP SWIM T/Th 1:30-2:15 (ET)	AQUA FLOW 1:30-2:15 (BS)	LAP SWIM T/Th 1:30-2:15 (ET)	OPEN SWIM 1:30 - 2:15 (ET)	
					4/23/24BS

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

Contact Fitness Coordinator Maggie Barclay, mbarclay@bloomfieldtp.org, Pool Coordinator Ernie Thomas ethomas@bloomfieldtp.org

Becca Smith, bsmith@bloomfieldtp.org, or call 248-723-3500

*** (Residency required for some swim sessions)*

