

BTSS GROUP FITNESS -AQUA- WINTER- DEC/JAN/FEB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LAP SWIM 7:15-8:00 (ET)	AQUA BOOT CAMP 7:15-8:00 (ET)	LAP SWIM 7:15 -8:00 (ET)	AQUA RESISTANCE 7:15-8:00 (AD)	LAP SWIM 7:15-8:00 (ET)
POOL NOODLE 8:30-9:15 (ET)	TOTAL BODY AQUA 8:30-9:15 (BH)	AQUA CIRCUIT 8:30-9:15 (ET)	TOTAL BODY AQUA 8:30-9:15 (ET)	POOL NOODLE 8:30-9:15 (ET)
AQUA INTERVAL 9:45-10:30 (ET)	THERAPY AQUA 9:45-10:30 (BH)	AQUA INTERVAL 9:45-10:30 (ET)	ET WORKOUT 9:45-10:30 (ET)	ENDURANCE CORE & BALANCE 9:45-10:30 (ET)
ENDURANCE CORE & BALANCE 11:00-11:45 (ET)	AQUA CIRCUIT 11:00-11:45 (ET)	ET WORKOUT 11:00-11:45 (ET)	AQUA BOOTCAMP 11:00-11:45 (ET)	WATER WALKING 11:00-11:45 (ET)
WATER WALKING 12:15-1:00 (AD)	AQUA ENERGY & FLOW 12:15-1:00 (BS)	ENDURANCE CORE & BALANCE 12:15-1:00 (ET)	AQUA ENERGY FLOW 12:15-1:00 (BS)	AQUA INTERVAL 12:15-1:00 (AD)
POOL PARTY OPEN SWIM 1:30-2:15 (ET)	LAP SWIM 1:30-2:15 (JS)	LAP SWIM 2:00-2:45 (ET)	LAP SWIM 2:00-2:45 (ET)	OPEN SWIM 1:30-2:15 (ET)
				BB 10/3/25

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

Contact: Fitness Coordinator, Amanda Dupree adupree@bloomfieldtwp.org

Pool Coordinator, Ernie Thomas ethomas@bloomfieldtwp.org

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