

GROUP FITNESS SCHEDULE - AQUA - WINTER 2025 JAN/FEB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No pool classes in December due to construction.					
LAP SWIM M/W 7:15-8:00 (ET)	AQUA BOOT CAMP 7:15-8:15 (ET)	LAP SWIM M/W 7:15 -8:00 (ET)	AQUA BOOT CAMP 7:15-8:15 (ET)	LAP SWIM 7:15-8:00 (ET)	
POOL NOODLE WORKOUT 8:30-9:15 (ET)	TOTAL BODY AQUA 8:30-9:30(ET)	AQUA SPORTS FITNESS 8:30-9:15 (ET)	TOTAL BODY AQUA 8:30-9:30(ET)	POOL NOODLE WORKOUT 8:30-9:15 (ET)	
AQUA INTERVAL 9:30-10:20 (ET)	AQUA RESISTANCE TRAINING 10:00-11:00 (ET)	AQUA INTERVAL 9:30-10:30 (ET)	AQUA RESISTANCE TRAINING 10:00-11:00 (ET)	AQUA STRONG AND FIT 9:30-10:30 (ET)	
ENDURANCE CORE & BALANCE 11:00-12:00 (ET)	AQUA ENERGY & FLOW 12:00- 1:00 (BS)	LABLAST SPLASH 11:00 -11:50 (DT)	AQUA ENERGY FLOW 12:00-1:00 (BS)	WATER WALKING 11:00-11:50 (ET)	
WATER WALKING 1:30 - 2:15 (ET)	LAP SWIM T/Th 2:00-2:45 (ET)	AQUA FLOW 1:30-2:15 (BS)	LAP SWIM T/Th 2:00-2:45(ET)	OPEN SWIM 1:30 - 2:15 (ET)	
					10/29/24 AD

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)*

