

AUGUST 2026 AQUATIC FITNESS

INSTRUCTORS

HYDROFIT - ASHLEY

PADDLE PILATES- RANISA

WATER AEROBICS- GWEN

AQUA TABATA- ASHLEY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 5:00PM: HYDROFIT	4 12:00PM: PADDLE PILATES	5 5:00PM: WATER AEROBICS	6	7 11:00AM: AQUA TABATA	8
9	10 5:00PM: HYDROFIT	11 12:00PM: PADDLE PILATES	12 5:00PM: WATER AEROBICS	13	14 NO CLASS	15
16	17 NO CLASS	18 12:00PM: PADDLE PILATES	19 5:00PM: WATER AEROBICS	20	21 11:00AM: AQUA TABATA	22
23	24 5:00PM: HYDROFIT	25 12:00PM: PADDLE PILATES	26 5:00PM: WATER AEROBICS	27	28 11:00AM: AQUA TABATA	29
30	31 5:00PM: HYDROFIT	   				
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