

JULY 2026

AQUATIC FITNESS CALENDAR

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

INSTRUCTORS
**HYDROFIT -
 ASHLEY**

**PADDLE PILATES-
 RANISA**

**WATER AEROBICS-
 GWEN**

**AQUA TABATA-
 ASHLEY**

