



Frisco Athletic Center Water Aerobic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30 AM - 9:15 AM Roaring Rapids Sally - Current Channel Maximum 20		8:30 AM - 9:15 AM Roaring Rapids Sally - Current Channel Maximum 20		
9:00 AM - 9:45 AM Shallow Water Total Fitness Breeda - Activity Pool Maximum 17	9:30 AM - 10:15 AM Water Workout Becky - Activity Pool Maximum 16	9:00 AM - 9:45 AM Shallow Water Total Fitness Breeda - Activity Pool Maximum 17	9:30 AM - 10:15 AM Water Workout Lydia - Activity Pool Maximum 16	9:00 AM-10:00 AM Fluid Fusion Becky - Activity Pool Maximum 14	9:00 AM - 9:45 AM River Robics Khristy- Current Channel Maximum 13
	10:15 AM - 11:00 AM Low-Impact Shallow Water Aerobics Becky - Warm Water Pool Maximum 12		10:15 AM - 11:00 AM Low-Impact Shallow Water Aerobics Lydia- Warm Water Pool Maximum 12		10:00 AM - 10:45 AM Shallow Water Aqua Fitness Khristy - Activity Pool Maximum 13
4:30 PM - 5:15 PM Arthritis & Chronic Disease Management Water Aerobics Anita - Warm Water Pool Maximum 12		4:30 PM - 5:15 PM Arthritis & Chronic Disease Management Water Aerobics Anita - Warm Water Pool Maximum 12			
5:30 PM - 6:15 PM Deep Water Exercise Anita - Activity Pool Maximum 15		5:30 PM - 6:15 PM Deep Water Exercise Anita - Activity Pool Maximum 15			
6:30 PM - 7:30 PM Deep Water Exercise Anita - Activity Pool Maximum 15		6:30 PM - 7:30 PM Deep Water Exercise Anita - Activity Pool Maximum 15			

Only 1 Water Aerobics card can be issued to one person at one time. You can pick up your participation card starting 1 hour before class time.

The maximum number of participants are listed below the class instructor. Once the class reaches it maximum number of participants, you will be denied access to the class.

*Classes and times are subject to change

revised 9/15/09