



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Prisma Health Aquatics Center at the
 Middle Tyger Water Group X Schedule

June 3rd -August 31st 2019

Updated: 5/29/2019

Morning Classes

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|------------------------------------|-------------------------------------|-------------------------------------------|-------------------------------------|------------------------------------|
| 5:30 am | OPEN | OPEN | Sunrise Boot Camp: Jane | OPEN | OPEN |
| 8:15am | Water Fitness: Henri | OPEN | Water Fitness: Henri | OPEN | Water Fitness: Henri |
| 9:15am | Recovery: Henri | OPEN | Recovery: Henri | OPEN | Recovery: Henri |
| 10:00am | AOA: Henri | Water Walking: Regina | AOA: Henri | Water Walking: Regina | AOA: Henri |
| 11:00am | Deep H2O: Henri | Deep H2O: Regina | Deep H2O: Henri | Deep H2O: Regina | Deep H2O: Henri |

****Walk a Mile** twice a month during Water walking

Evening Classes

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--------------------------------------|--------------------------------------|------------------|------------------------------------------|---------------|
| 6:30pm | Water Bootcamp Cynthia | Water Bootcamp: Sabina | OPEN | Water Fitness: Cynthia/Jay | OPEN |