

August 2022: Water Fitness Class Schedule — Cardio Bay at Cascade Bay

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 31 9:30-10:30am: Alicia (Aqua Fit Combo)	1 8:35-9:35am: Gayle (Water Tabata) 9:45-10:30am: Leanne (Cardio, Strength & Fun) 7:40-8:40pm: Sandy (Hydro Training)	2 8:35-9:25am: Ellen (Deep Water Intervals) 9:45-10:30am: Leanne (Cardio, Strength & Fun)	3 No AM Programs— Staff Trainings 7:40-8:40pm: Nicole (Aqua Zumba)	4 8:35-9:35am: Gayle (Water Tabata) 9:45-10:30am: Leanne (Cardio, Strength & Fun) No Evening Cardio Bay—Private Rental	5 8:35-9:35am: Kelly (Water Bootcamp) 9:45-10:30am: Hui (Aqua Fit Express)	6 8:35-9:35am: Alicia (Aqua Fit Combo) 9:45-10:30am: Leanne (Cardio, Strength & Fun)
7 9:30-10:30am: Alicia (Aqua Fit Combo)	8 8:35-9:35am: Gayle (Water Tabata) 9:45-10:30am: Leanne (Cardio, Strength & Fun) 7:40-8:40pm: Sandy (Hydro Training)	9 8:35-9:25am: Ellen (Deep Water Intervals) 9:45-10:30am: Leanne (Cardio, Strength & Fun)	10 No AM Programs— Staff Trainings 7:40-8:40pm: Nicole (Aqua Zumba)	11 8:35-9:35am: Gayle (Water Tabata) 9:45-10:30am: Leanne (Cardio, Strength & Fun)	12 8:35-9:35am: Gayle (Water Tabata) 9:45-10:30am: Hui (Aqua Fit Express)	13 8:35-9:35am: Alicia (Aqua Fit Combo) 9:45-10:30am: Leanne (Cardio, Strength & Fun)
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21 9:30-10:30am: Alicia (Aqua Fit Combo)	22 8:35-9:35am: Gayle (Water Tabata) 9:45-10:30am: Leanne (Cardio, Strength & Fun) 7:40-8:40pm: Sandy (Hydro Training)	23 8:35-9:25am: Ellen (Deep Water Intervals) 9:45-10:30am: Leanne (Cardio, Strength & Fun)	24 No AM Programs— Staff Trainings 7:40-8:40pm: Nicole (Aqua Zumba)	25 8:35-9:35am: Gayle (Water Tabata) 9:45-10:30am: Leanne (Cardio, Strength & Fun)	26 8:35-9:35am: Kelly (Water Bootcamp) 9:45-10:30am: Hui (Aqua Fit Express)	27 8:35-9:35am: Alicia (Aqua Fit Combo) 9:45-10:30am: Hui (Aqua Fit Express)
28 9:30-10:30am: Alicia (Aqua Fit Combo)	29 Closed for the Season. See you in 2023!	30	31			