



August 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	3 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	4 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 5:30-6:15p Aerobics 6:15-7:00p Endurance	5 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	6 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 9-10 Deep H2O 5:30-6:15p Endurance 6:15-7:00p Aerobics	7 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga 12-1p Deep H2O**	8 9:15-10 Patron's Choice 10-10:45 Endurance
9 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	10 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	11 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 5:30-6:30p Inst. Choice	12 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	13 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 9-10 Deep H2O 5:30-6:15p Endurance 6:15-7:00p Aerobics	14 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga 12-1p Deep H2O**	15 9:15-10 Patron's Choice 10-10:45 Aerobics
16 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	17 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	18 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 5:30-6:30p Inst. Choice	19 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	20 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 9-10 Deep H2O 5:30-6:15p Endurance 6:15-7:00p Aerobics	21 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga 12-1p Deep H2O**	22 9:15-10 Patron's Choice 10-10:45 Endurance
23 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	24 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	25 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 5:30-6:30p Inst. Choice	26 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	27 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 9-10 Deep H2O 5:30-6:15p Endurance 6:15-7:00p Aerobics	28 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga 12-1p Deep H2O**	29 9:15-10 Patron's Choice 10-10:45 Aerobics
30 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	31 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	1 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 5:30-6:15p Aerobics 6:15-7:00p Endurance	2 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	3 7:45-8:30 Senior H2O 8:30-9:30 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aerobics	4 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga	5 9:15-10 Patron's Choice 10-10:45 Endurance

