



## 2017 Long Branch Lagoon Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM Lap Pool		Aqua Boot Camp		Aqua Boot Camp	
6:00 AM Lazy River	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking
7:00 AM Lap Pool	Senior Exercise		Senior Exercise		Senior Exercise
7:00 AM Lazy River	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking
8:00 AM Lap Pool	Aqua Boogie		Aqua Boogie		
8:00 AM Lazy River	Water Walking	Water Walking	Water Walking	Water Walking	Water Walking
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9:00 AM					
10:00 AM					
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11:00 AM					