


AQUA AEROBICS SCHEDULE for **June**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am		AM Energizer	<i>These AM Energizer classes will be held inside</i>	AM Energizer		
7:00 am		Swim, Fin, Jog	<i>These Swim, Fit, Jog classes will be held in the Lazy River</i>	Swim, Fin, Jog		Aqua Power <i>Inside & Outside</i>
8:00 am	Weightless Aqua <i>Outside</i>	Monday - Friday 				
		<i>Inside</i>	<i>Outside</i>	<i>Inside</i>	<i>Outside</i>	
9:00 am		Ai Chi	<i>These Ai Chi classes will be held in the Lazy River</i>	Ai Chi		
9:15 am	Fit & Flex	<i>These Fit & Flex classes will be held indoors</i>	Fit & Flex		Fit & Flex	
10:00 am		River Runner	<i>These River Runner classes will be held in the Lazy River</i>	River Runner		River Runner
7:00 pm	Power Hour <i>Inside & Outside</i>		Aqua Kick <i>Inside & Outside</i>			

Schedule is subject to change. Class descriptions and fees are listed on back. Visit us at www.bolingbrookparks.org or call (630) 783-6651 for current info.