

| Time/Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------|--|--|---|--|---|--|
| 9:00-9:45 AM | Aquatic Revival Moderate + Aquatic Fitness | Aquatic Revival Moderate + Aquatic Fitness | Aquatic Revival Moderate + Aquatic Fitness | Aquatic Revival Moderate + Aquatic Fitness | Aquatic Revival Moderate + Aquatic Fitness | Aqua Blend Moderate + Aquatic Fitness |
| 9:45-10:30 | Open Swim | Open Swim | Open Swim | Open Swim | Open Swim | Children LTS 10-10:30 10:40-11:10 11:20-11:50 WaterBugs 11:15 Adults LTS 12:00 & 1:00 Open Swim 2:15-4:15 PM Participants are encouraged to exercise at their own pace which will challenge but not overwhelm the participant. Classes available For All Levels AQUA~FIT Swim & Fitness Family Wellness Center Where Safety Comes First 972-578-SWIM (7946) 1400 Summit Ave D2 Plano, 75074 www.Aquafitplano.com Save a life Learn to Swim |
| 10:30-11:15 AM | Muscles Move to Renew Low | Muscles Move to Renew Low | Muscles Move to Renew Low | Muscles Move to Renew Low | Muscles Move to Renew Low | |
| First Fitness Class FREE | 10:00-11:00 Land-Gentle Yoga For Your Joints |  <h1>Winter 2012</h1> | | | | |
| 11:30-2:00 PM | Open Swim | | 11:30-12:00 WaterBugs/Preschool Open Swim | Open Swim | Adult LTS 11:30-12:30 | |
| 2:00-3:00 PM | Baylor Healthcare Pain Management | Open Swim 11:30-3:45 | Baylor Healthcare Pain Management | Open Swim 11:30-3:45 | Baylor Healthcare Pain Management | |
| 3:00 -3:45 PM | Water Dynamics Moderate + | LTS 3:50 | Water Dynamics Moderate + | LTS 3:50 | Water Dynamics Moderate + | |
| 4:30-5:15 PM | Froggies Adaptive | 4:20 AquaFinners | Learn to Swim 3:50-5:30 | 4:20 AquaFinners | Open Swim 3:45-5:00 PM | |
| 5:15-6:00 PM 5:30-6:15 PM | Just 4 Girls Fun 2B Fit | 5:30 Water Dynamics Moderate + | 5:30-6:15 Open Swim 6:20 AquaFinners | 5:30 Water Dynamics Moderate + | 2 Day Swim Program Tuesday/Thursday 1 Day Swim Program Wednesday | |
| 6:20-7:30 PM | 4:30-7:30 Open Swim | 2 Day Swim Program Tuesday/Thursday 3:50/5:00/6:20/7:00 1 Day Swim Program Wednesday 3:50/4:20/5:00/6:20/7:00 | | | 6:20/7:00 1 Day program Saturday | |
| 7:30-8:30 PM | Swim 2 Be Fit Circuit Training | 7:30-8:30 Adult Learn to Swim Beginners | Stress Buster Yoga 6:30-7:30 PM Swim 2 Be Fit Circuit Training | 7:30-8:30 Adult Learn to Swim Adv. Beginners | Instructor/Owner Mimi Conner Assistant Coordinator Linda Frink | |

