

# AQUATIC FITNESS

## WEEKLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Fit 9:00-9:45 am	Water Fit 9:00-9:45 am	Water Fit 9:00-9:45 am	Water Fit 9:00-9:45 am	Water Fit 9:00-9:45 am		

**PLEASE NOTE:**

This cardio-based workout uses the resistance of the water to add intensity and enhance strength. Get moving while building muscle with exercises that are adaptable to your fitness and comfort levels.

Reservations must be made through Mindbody for water fit classes as there is a maximum number of participants per class. Instructions for using Mindbody can be found at [atlantajcc.org/mindbody](http://atlantajcc.org/mindbody).

After the class is finished, members will need to exist the pool area unless they have an additional lane reservation.

Please visit [atlantajcc.org/reopen](http://atlantajcc.org/reopen) to learn about all the details and procedures – including hours of operations – for engaging with the JCC.