

# AGB Aerobics Classes

# July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00am Aqua Aerobics	2 5:30 pm Deep Water Aqua Aerobics	3 6:00am Aqua Aerobics 11:00am Aqua Aerobics	4	5 6:00am Aqua Aerobics 11:00am Aqua Aerobics	6
7	8 6:00am Aqua Aerobics 11:00am Aqua Aerobics	9 5:30 pm Deep Water Aqua Aerobics	10 6:00am Aqua Aerobics 11:00am Aqua Aerobics	11 5:30 pm Deep Water Aqua Aerobics	12 6:00am Aqua Aerobics 11:00am Aqua Aerobics	13
14	15 6:00am Aqua Aerobics 11:00am Aqua Aerobics	16	17 11:00am Aqua Aerobics	18	19 11:00am Aqua Aerobics	20
21	22 6:00am Aqua Aerobics 11:00am Aqua Aerobics	23 5:30 pm Deep Water Aqua Aerobics	24 6:00am Aqua Aerobics 11:00am Aqua Aerobics	25	26 11:00am Aqua Aerobics	27
28	29 11:00am Aqua Aerobics	30 5:30 pm Deep Water Aqua Aerobics	31 6:00am Aqua Aerobics 11:00am Aqua Aerobics			

### Aqua Aerobics

Our Aqua Aerobics classes are held in the warm Rec Pool and are led by a variety of team members. These are a medium intensity workout enjoyed by people of all ages.

### Deep Water Aqua Aerobics

The Deep Water Aqua Aerobics classes are held in the Lap Pool and are of a higher intensity than our other classes and includes other activities such as aqua jogging.

