



# AQUA EXERCISE CLASS SCHEDULE

## SPRING 2019

Tel #  
(310) 537-2224  
[www.caaquatictherapy.com](http://www.caaquatictherapy.com)

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9 AM</b> Senior Aqua Energizer 60 Minutes	<b>9 AM</b> Senior Aqua Energizer 60 Minutes	<b>9 AM</b> Senior Aqua Energizer 60 Minutes	<b>9 AM</b> Senior Aqua Energizer 60 Minutes	<b>9 AM</b> Senior Aqua Energizer 60 Minutes
<b>10:30 AM</b> Aqua Wellness (For Developmentally Disabled Individuals) 30 Minutes	<b>10:30 AM</b> Aqua Strength & Conditioning 45 Minutes	<b>10:30 AM</b> Aqua Wellness (For Developmentally Disabled Individuals) 30 Minutes	<b>10:30 AM</b> Aqua Strength & Conditioning 45 Minutes	<p><b>SAVE THE DATE!!!</b></p> <p><b>Pools of Hope</b></p> <p><b>The Grand Masquerade</b></p> <p><b>CASINO NIGHT &amp; AWARDS EVENT</b></p> <p><b>Saturday, June 29<sup>th</sup></b> <b>6:00 PM - 10:00 PM</b></p> <p><b>Reserve your tickets now</b> @ <a href="http://www.event.caaquatictherapy.com">www.event.caaquatictherapy.com</a></p> <p><b>POOLS OF HOPE</b> <b>6801 LONG BEACH BLVD.</b> <b>LONG BEACH, CA 90805</b></p>
	<b>12:45</b> Aqua Tai Chi 30 minutes			
<b>1:00 PM</b> Aqua Fitness 60 Minutes	<b>1:15 PM</b> Aqua Fitness 60 Minutes	<b>1:00 PM</b> Aqua Fitness 60 Minutes	<b>1:00 PM</b> Aqua Fitness 60 Minutes	
"	<b>2 PM</b> Aqua Volleyball 30 Minutes		<b>2 PM</b> Aqua Volleyball 30 Minutes	
<b>7:00 PM</b> Aqua Fitness 60 60 Minutes		<b>7:00 PM</b> Aqua Fitness 60 Minutes		
<b>Please check with your doctor prior to starting your aquatic exercise program.</b>	<b>FREE Class for First Time Visitors.</b>	<b>Need Aquatic Therapy with a Licensed Physical Therapist? Call us. Most Insurance Accepted.</b>	<b>Swim Lessons Available for All Ages.</b>	