

## *Monday*

*10:00 AM – Aqua Works*

*12:00 PM – Moving My Joints*

## *Tuesday*

*10:00 AM – Aqua Works*

*11:00 AM – Water Power*

*12:00 PM – Moving My Joints*

## *Wednesday*

*10:00 AM – Aqua Works*

*12:00 PM – Moving My Joints*

## *Thursday*

*10:00 AM – Aqua Works*

*11:00 AM – Water Power*

*12:00 PM – Moving My Joints*



**BRC Aquatic and Fitness Aerobic Schedule**