

AQUA FIT

MARCH 2026

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 9:00 Jennifer 10:00 Cindy	3 9:30 Extreme TABATA with Jennifer	4 9:00 Cindy 10:00 Jennifer	5 9:30 Extreme Boot Camp w/Janet 2:00 Equatics w/Edie	6 9:00 Lallie 10:00 Janet	7
8	9 9:00 Jennifer 10:00 Edie	10 9:30 Extreme TABATA with Jennifer	11 9:00 Gayle 10:00 Cindy	12 9:30 Extreme Boot Camp w/Jennifer 2:00 Equatics w/Edie	13 9:00 Cindy 10:00 Gayle	14
15	16 9:00 Jennifer 10:00 Janet	17 9:30 Extreme TABATA with Gayle	18 9:00 Lallie 10:00 Jennifer	19 9:30 Extreme Boot Camp w/Jennifer	20 9:00 Janet 10:00 Edie	21
22	23 9:00 Jennifer 10:00 Cindy	24 9:30 Extreme TABATA with Jennifer	25 9:00 Cindy 10:00 Janet	26 9:30 Extreme Boot Camp w/Janet 2:00 Equatics w/Edie	27 9:00 Lallie 10:00 Gayle	28
29	30 9:00 Jennifer 10:00 Janet	31 9:30 Extreme TABATA with Lallie	<p><i>*Equatics with Edie on Thursdays has been extended for the month of March. Please note the new time 2pm and the dates offered. Learn the Essentials to Aqua Fit focusing on Technique and Form.</i></p>			