

AQUA FITNESS SCHEDULE

SUN MON TUES WED THURS FRI SAT

AM

9:00-10:00
Jane/Denise

9:00-10:00
Danya

9:00-10:00
Jane

9:00-10:00
Danya

9:00-10:00
Jane/Kim

PM

5:00-5:45
Drop-In

No
Instructor

6:45-7:30
Kim

6:45-7:30
Johanna



Effective Sept. 7, 2025
Must be 18+ years old to participate

ORCHARD HILLS
ATHLETIC CLUB

