



Aquatic Group Fitness

603.673.7123

hampshirehills.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ARTHRITIS AQUATICS 8:00 am Shallow SCULPT & TONE 9:00 am Deep FITNESS SWIM 9:15 am Lap Pool EASY GOING AQUA 12:00 pm Deep HARD CORE CARDIO 1:00 pm Deep CARDIO AQUA 6:30 pm Deep	AI CHI AQUATIC STRETCH 8:00 am Shallow CARDIO SCULPT 9:00 am Deep SHALLOW AQUA 11:00 am Lap Pool CARDIO AQUA 6:30 pm Deep	ARTHRITIS AQUATICS 8:00 am Shallow HARD CORE GAMES 9:00 am Deep FITNESS SWIM 9:15 am Lap Pool EASY GOING AQUA 12:00 pm Deep CARDIO AQUA 6:30 pm Deep	AI CHI AQUATIC STRETCH 8:00 am Shallow CARDIO SCULPT 9:00 am Deep SHALLOW AQUA 11:00 am Lap Pool CARDIO AQUA 6:30 pm Deep FITNESS SWIM 6:30 pm Lap Pool	ARTHRITIS AQUATICS 8:00 am Shallow CARDIO/SCULPT 9:00 am Deep FITNESS SWIM 9:15 am Lap Pool EASY GOING AQUA 12:00 pm Deep	CARDIO AQUA 8:00 am Deep CARDIO AQUA 9:00 am Deep	AI CHI AQUATIC STRETCH 8:00 am Shallow CARDIO AQUA 9:00 am Deep

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