

Scripps Ranch Swim and Racquet Club present:

Aqua

Mon	Tue	Wed	Thu	Fri	Sat
9:00am Aqua Fit With: Theresa	9:00am Aqua Fit With: Lory		9:00am Aqua Fit With: Lory	9:00am Aqua Fit With: Val	9:00am Aqua Fit With: Rhonda/ Nancy

CLASS	CLASS DESCRIPTION
Aquafit	<p>Cardio movements combined with resistance training in a fun and refreshing aquatic environment. All classes Level 1-2. Enjoy the ultimate in non-impact pool exercise!</p> <p>All classes held at Aviary Club. You can contact the front desk at (858) 271-6222 with any questions</p>
"When in doubt, work your heart out!"	



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