

Longview (Spring Hill) Aqua Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Rise and Shine 8:30am - 9:30am Sunny Sargent	Aqua Dynamite 8:30am - 9:30am Lara Koy	Rise and Shine 8:30am - 9:30am Sunny Sargent	Aqua Dynamite 8:30am - 9:30am Lara Koy	Rise and Shine 8:30am - 9:30am Lara Koy
	Silver Sneakers Splash 10:00am - 11:00am Lara Koy		Silver Sneakers Splash 10:00am - 11:00am Lara Koy	Silver Sneakers Splash 10:00am - 11:00am Lara Koy