

All classes are held in the kidney pool unless specified.  
 Call Karalyn VonPichl  
 at (603) 673-7123, ext. 204  
 for more information.



50 Emerson Rd  
 Milford, NH 03055  
 603.673.7123  
 hampshirehills.com.

## AQUATIC EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ARTHRITIS AQUATICS</b> 8:00 am Shallow	<b>AI CHI AQUATIC STRETCH</b> 8:00 am Shallow	<b>ARTHRITIS AQUATICS</b> 8:00 am Shallow	<b>AI CHI AQUATIC STRETCH</b> 8:00 am Shallow	<b>ARTHRITIS AQUATICS</b> 8:00 am Shallow	<b>CARDIO AQUA</b> 8:00 am Deep	<b>CARDIO AQUA</b> 9:00 am Deep
<b>CARDIO AQUA</b> 9:00 am Deep	<b>CARDIO AQUA</b> 9:00 am Deep	<b>CARDIO AQUA</b> 9:00 am Deep	<b>CARDIO AQUA</b> 9:00 am Deep	<b>CARDIO AQUA</b> 9:00 am Deep		
<b>CARDIO AQUA</b> 12:00 pm Shallow/Deep	<b>CARDIO AQUA</b> 11:00 am Lap Pool	<b>CARDIO AQUA</b> 12:00 pm Shallow/Deep	<b>CARDIO AQUA</b> 11:00 am Lap Pool			
<b>CARDIO AQUA</b> 1:00 pm Deep	<b>CARDIO AQUA</b> 6:30 pm Deep	<b>CARDIO AQUA</b> 6:30 pm Deep	<b>CARDIO AQUA</b> 6:30 pm Deep			
<b>CARDIO AQUA</b> 6:30 pm Deep						