

AUGUST - ARLINGTON HEIGHTS PARK DISTRICT AQUA FITNESS + WATER RUNNING

ARC		DEEP WATER RUNNING	SILENT DEEP AQUA FIT	DEEP WATER RUNNING	DEEP AQUA FIT	DEEP AQUA FIT	SHALLOW AQUA FIT	SHALLOW AQUA FIT	WARM AQUA FIT	WARM AQUA FIT	WARM AQUA FIT	WARM AQUA FIT
		6:30-7:15 AM	6:30-7:30 AM	6:45-7:30 AM	7:00 - 7:45 AM	8:00-8:45 AM	8:00-8:45 AM	9:00-9:45 AM	9:00-9:45 AM	10:00-10:45 AM	12:45-1:30 PM	1:45-2:30 PM
THURSDAY	1			85288			85737					
FRIDAY	2				85730		85738		85740			
SATURDAY	3				85731	85734						
SUNDAY	4											
MONDAY	5				85732							
TUESDAY	6	85287									85742	
WEDNESDAY	7		85728			85735		85739		85741		
THURSDAY	8			85289								
FRIDAY	9		85729									85743
SATURDAY	10				85733	85736						

ARC POOLS ARE CLOSED BEGINNING MONDAY, AUGUST 12. CLASSES WILL RESUME AT ARC IN SEPTEMBER. JOIN US AT RECREATION POOL FOR YOUR FAVORITE AQUA FITNESS CLASS BEGINNING AUGUST 13.

MARGARET

SHERI

SILENT