

ARLINGTON HEIGHTS PARK DISTRICT AQUA FITNESS + WATER RUNNING

LAST
UPDATED
7/2/24

JULY 2024		DEEP WATER RUNNING	SILENT DEEP AQUA FIT	DEEP WATER RUNNING	DEEP AQUA FIT	DEEP AQUA FIT	SHALLOW AQUA FIT	WARM AQUA FIT	WARM AQUA FIT	WARM AQUA FIT	SHALLOW 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	12:45-1:30 PM	1:45-2:30 PM	10:00-11:00 AM
		ARC	ARC	ARC	ARC	ARC	ARC	ARC	ARC	ARC	REC
MONDAY	1				84385						
TUESDAY	2	84378							84400		84408
WEDNESDAY	3				84386		84396	84528			
THURSDAY	4	NO CLASSES									
FRIDAY	5		84520								84409
SATURDAY	6					84393					
SUNDAY	7										
MONDAY	8		84521								
TUESDAY	9	84379							84401		84405
WEDNESDAY	10				84387		84397				
THURSDAY	11			84383			84398				
FRIDAY	12				84388				84403		
SATURDAY	13				84389	84394					
SUNDAY	14										
MONDAY	15				84390						
TUESDAY	16	84380									84406
WEDNESDAY	17		84522								
THURSDAY	18		84523								
FRIDAY	19				84391		84399	84404			
SATURDAY	20				84392	84395					
SUNDAY	21										
MONDAY	22				84840						
TUESDAY	23	84381							84402		84407
WEDNESDAY	24		84524								
THURSDAY	25			84384							
FRIDAY	26		84525								
SATURDAY	27										
SUNDAY	28										
MONDAY	29		84526								
TUESDAY	30	84382									
WEDNESDAY	31		84527								

MARGARET

SHERI

ERIN

ANGELA

SILENT - NO
INSTRUCTOR