



Water Aerobics Schedule

Morning Classes

Monday through Friday 10:00am – 11:00 am

Monday through Friday 11:00am – 12:00 pm

Evening Classes

Tuesday and Thursday 6:00pm – 7:00pm

All classes will be held in the indoor pool.

Fitness Classes With Monica

Zumba

Monday, Tuesday, and Thursday

5:30pm – 6:25pm

Strong

Monday and Thursday

6:30pm – 7:30pm

Line Dancing

Tuesday 9:30am – 10:30 am

These classes
are free to
members and
\$5 per person
for non-
members.

Soft Yoga

Monday through Friday

8:30am – 9:30am