

Aquatic Fitness Schedule

Effective: Sept 9 2024

Monday	
Time	Class Instructor
8 am	Combo Kimmi
9 am	Water Aerobics 101 Monica
10 am	Tread & Tone Monica

Tuesday	
Time	Class Instructor
9 am	Variety Theresa
10 am	Aqua Pilates Theresa

Wednesday	
Time	Class Instructor
9 am	Combo Valerie
10 am	Aqua Zumba Karen
11 am	Senior & Friends Karen

Thursday	
Time	Class Instructor
9 am	Aqua Zumba Shirley
10 am	Aqua Pilates Theresa
11 am	Cardio Burst Terri

Friday	
Time	Class Instructor
8 am	Combo Kimmi
9 am	Aqua Zumba Karen

Fitness Schedule subject to change. Please contact the front desk for up-to-date class information.



Dimple Dell Rec Center

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