

Aquatic Fitness Schedule

Effective: January 31, 2026

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

Tuesday	
Time	Class Instructor
9 am	Intervelocity Stephanie
10 am	Aqua Pilates Theresa

Wednesday	
Time	Class Instructor
9 am	Combo Valerie
10 am	Aqua Zumba Karen

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

Friday	
Time	Class Instructor
8 am	Combo Marsha
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

10670 S 1000 E

Sandy, UT 84094

(385) 468-3355