

Monday/Wednesday

Small Group Training with Angie (7:00 AM -7:45 AM)
Lap Swim/ Independent Exercise (7:00 AM - 8:30 AM)
Water Fitness with Judy (8:30 AM - 9:30 AM)
Zumba with Dawn (8:30 AM - 9:30 AM)
Yoga with Victoria (5:15 PM - 6:15 PM)
Lap Swim/Independent Exercise (5:30 PM - 7:00 PM)

Tuesday/Thursday

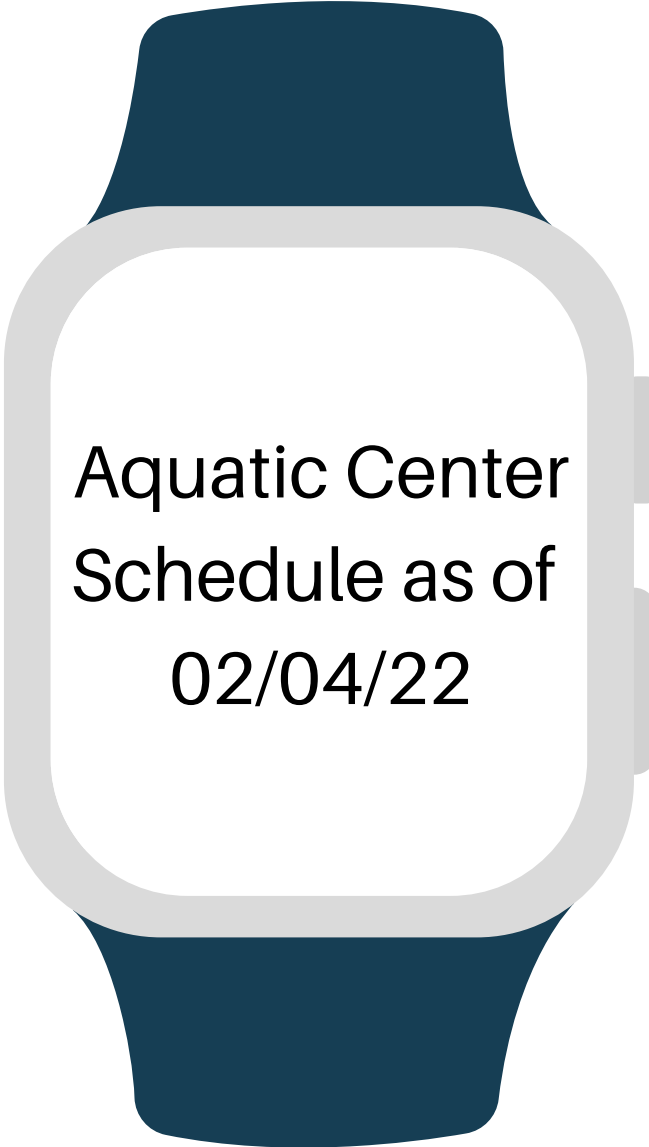
Lap Swim/ Independent Exercise (7:00 AM - 8:30 AM)
Yoga with Laurie (8:00 AM-9:00 AM)
Aqua Zumba with Dawn (8:30 AM- 9:30 AM)
Deep Water Fitness with Annette (5:30 PM-6:30 PM)
Lap Swim/ Independent Exercise (6:30 PM - 7:00 PM)
Zumba with Angie (6:00 PM - 7:00 PM)

Friday

Lap Swim/ Independent Exercise (7:00 AM - 8:30 AM)
Water Fitness with Judy (8:30 AM - 9:30 AM)
Zumba with Dawn (8:30 AM - 9:30 AM)
Lap Swim/Independent Exercise (5:30 PM - 7:00 PM)

Saturday

Lap Swim/Independent Exercise (9:00 AM - 1:00 PM)
Zumba with Dawn (8:30AM - 9:30 AM)



Aquatic Center
Schedule as of
02/04/22

Questions? Call
(503) 982-5288