

NORTHWEST RECREATION CENTER WATER FITNESS CLASSES

Effective as of
10/17/2022



MORNING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	Aqua Therapy & Water Walking w/Dave	Aqua Therapy & Water Walking w/Dave	Aqua Therapy & Water Walking w/Dave	Aqua Therapy & Water Walking w/Dave	Aqua Therapy & Water Walking w/Dave	Aqua Zumba w/Jessica
9:00 AM	Shallow Water Aerobics w/Lisa	Shallow Water Aerobics w/Lisa	Shallow Water Aerobics w/Lisa	Shallow Water Aerobics w/Lisa	Shallow Water Aerobics w/Lisa	

*classes are subject to cancel or change without notice due to pool closure or staff availability

EVENING

2:00 PM						Log Rolling (2-4pm) w/Dave
7:00 PM	tAQUata w/Jessica		Aqua Zumba w/Jessica		Log Rolling w/Dave	

ALL WATER FITNESS CLASSES ARE IN THE LAP POOL