



# April Water Fitness



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	Groove Time with Nonie (Shallow)  Hydro HIIT with Krista (Deep)	Aqua Dance Party with Cheri (Shallow)	Groove Time with Nonie (Shallow)  Deep water w/ Rachel	Aqua Dance Party with Cheri (Shallow)	Groove Time with Nonie (Shallow)	
9:30 AM	Range of Motion with Betty (Shallow)	Just My Speed with Betty (Shallow)	Range of Motion with Betty (Shallow)	Just My Speed with Betty (Shallow)		Aerobic Stretch with Rachel (Deep and Shallow)
6:00 PM	Water Sculpt with Betty (Shallow)			Water Sculpt with Betty (Shallow)		

Download the Simmons Center App go to App Store and search

**SIMMONS CENTER** Class descriptions can be found on our app.

Pool Space used for Water classes is for participants only.

Participants must be 12 and older.

Please Sign in for Classes.

\*A minimum average of 5 participants is required for classes to remain on the schedule.

