



# February Water Fitness Schedule



<i>TIME</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
8:30 AM	Groove Time with Nonie (Shallow)  Power Pyramid w/ Ashley (Deep)	Aqua Dance Party with Cheri (Shallow)	Groove Time with Nonie (Shallow)  Hydro HIIT with Krista (Deep)	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.

