



## **WATER FITNESS CLASSES**

*July 2018* 

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	Groove Time with Nonie (Shallow)  Power Pyramid (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 at Night with Betty (Shallow)			Water Sculpt at Night with Betty (Shallow)		

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

***Download the Simmons Center App today!***

***Pool Space used for Water classes is for participants only.***

***Participants must be 12 and older.***

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

***Please Sign in for Classes.***