



September Water Fitness

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|--|----------------------------|-------------------------------------|----------------------------|-----------------------|------------------------------------|
| 8:30 AM | Groove Time (Shallow) Hydro HIIT (Deep) | Aqua Dance Party (Shallow) | Groove Time (Shallow) Deep water | Aqua Dance Party (Shallow) | Groove Time (Shallow) | |
| 9:30 AM | Range of Motion (Shallow) | Just My Speed (Shallow) | Range of Motion (Shallow) | Just My Speed (Shallow) | | Aerobic Stretch (Deep and Shallow) |
| 6:00 PM | Water Sculpt (Shallow) | | | Water Sculpt (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.

