

NORTHWEST RECREATION CENTER

Ph: (385) 468-1305

GROUP WATER FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 a.m.-9:00 a.m.	Aqua Therapy w/Dave	Aqua Therapy w/Dave	Aqua Therapy w/Dave	Aqua Therapy w/Dave	Aqua Therapy w/Dave	Aqua Zumba w/ Jessica & Addy
9:00 a.m.-10:00 a.m.	Shallow Water w/Lisa	Shallow Water w/Lisa	Shallow Water w/Carol	Shallow Water w/Lisa	Shallow Water w/Christi & Linda	
12:00 p.m.-2:00 p.m.						Log Rolling w/Dave
6:30 p.m.-7:30 p.m.					Log Rolling w/Dave	
7:00 p.m.-8:00 p.m.	tAquaTa w/Jessica		Aqua Zumba w/Jessica & Addy	Deep Water w/Katherine		
7:15 p.m.-8:30 p.m.		Water Polo w/Aldo				

Please note that some classes may not be held during holidays. Classes are subject to cancel or change without notice.



Effective: 10/17/2024