




February 2019 LC Ward 3 Recreation-Natatorium

FACILITY HOURS MON-FRI 6AM-8PM SAT 8AM-2PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ WATER AEROBICS 6:30AM	² S
P ³	⁴ WATER AEROBICS 6:30AM AQUA FLEX 10:30AM AQUA BLAST 6:00PM	⁵ GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	⁶ AQUA FLEX 10:30AM AQUA BLAST 5:30PM	⁷ GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	⁸ WATER AEROBICS 6:30AM	W ⁹
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L ²⁴	²⁵ WATER AEROBICS 6:30AM AQUA FLEX 10:30AM AQUA BLAST 6:00PM	²⁶ GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	²⁷ AQUA FLEX 10:30AM AQUA BLAST 5:30PM	²⁸ GET FIT WITH DENISE 9:00AM AQUA BLAST 6:00PM	March 1 WATER AEROBICS 6:30AM	March 2

Water Aerobics-Class combines Cardio and strength training designed to burn fat while strengthening and toning muscles. Suitable for all fitness levels.

Get Fit with Denise-Fun cardio and toning class designed for all fitness levels.

Aqua Flex-Taking Yoga to the water stretching to improve muscle strength and flexibility.

Aqua Blast-Fun cardio and strength training class designed to burn fat and tone muscles while having a blast in the water.