

Water Fitness



New Saturday Time Begins 9/9
New Day for Water Fitness Begins 9/18

Mondays: 9:00 am - 10:00 am - **Water Fitness Class w/ Eileen**
Tuesdays: 9:00 am - 10:00 am - **Water Walking**
Wednesdays: 9:00 am - 10:00 am - **Water Walking**
Thursdays: 9:00 am - 10:00 am - **Water Walking**
Fridays: 9:00 am - 10:00 am - **Water Walking**
Saturdays: 8:30 am - 9:30 am - **Water Walking**

Water Walking: Our Water Walking Schedule is designed to give participants their choice of individual water fitness; such as water walking or your own fitness, water-workout in the shallow or deep end of the pool. This class is self directed.