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RECC Land and Water Classes
(June 15-September 6, 2015)

Monday:
6:00 am - Spin - Tammy
9:00 am - Aqua Fitness (45 Minutes)
9:15 am - Strength & Stretch - Laura
10:00 am - Arthritis Water Therapy - Leisure Pool
4:30 pm - Bootcamp - Camilla
5:30 pm - Zumba - Tammy

Tuesday:
6:00 am - Bootcamp - Camilla
6:55 am - HydroRider (35 minutes)
7:35 am - HydroRider (35 minutes)
9:00 am - Aqua Fitness - Leisure Pool
9:00 am - Water Art Aqua Fitness
9:15 am - Spin - Camilla
10:00 am - Arthritis Water Therapy - Leisure Pool
12:15 pm - Bootcamp - Jodie/Heather - 45 minutes
4:30 pm - Strength & Stretch - Laura
5:30 pm - Spin - Camilla - 45 minutes
6:30 pm - Bootcamp - Camilla
6:30 pm - Aqua Fitness - 45 minutes

Wednesday:
6:00 am - Spin - Tammy
9:00 am - Aqua Fitness - 45 minutes
9:15 am - Bootcamp - Camilla
10:00 am - Arthritis Water Therapy - Leisure Pool
4:30 pm - Spin - Camilla
4:30 pm - Children's Yoga - Laura - 45 minutes
5:30 pm - Strength - Laura
6:30 pm - Yoga - Kristina

Thursday:
6:00 am - Bootcamp - Camilla
6:55 am - HydroRider (35 minutes)
7:35 am - HydroRider (35 minutes)
9:00 am - Aqua Fitness - Leisure Pool
9:15 am - Zumba - Celeste - 45 minutes
10:00 am - Arthritis Water Therapy - Leisure Pool
12:15 pm - Bootcamp - Camilla
4:30 pm - Medley - Laura
6:30 pm - Aqua Fitness - 45 minutes

Friday:
6:00 am - Spin - Tammy
9:00 am - Aqua Fitness - 45 minutes
9:15 am - Gentle Yoga - Deanna
10:00 am - Arthritis Water Therapy - Leisure Pool

Saturday:
9:15 am - Zumba - Tammy

Sunday:
8:15 am - Yoga - Kristina

Schedule subject to Change - all classes are 60 minutes unless otherwise indicated

"NO REGRETS" WARRANTY
* Some conditions may apply





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