

November 2021

GROUP EXERCISE

RUSSELLVILLE ROAD - GROUP AQUATICS

MIX IT UP!

CLASSES ARE A GREAT WAY TO BREAK
THE ROUTINE AND STAY ACTIVE!

SUN

MON

TUES

WED

THU

FRI

SAT

Check out our new aqua class selections!

8:30 - 9:30AM

Aqua Zumba

-Rose

Coming Soon!

-Aqua F.I.T.

Aqua Cardio

-Chandler

Aqua Tabata

-Rose

Aqua Zumba

-Rose

9:30 - 10:30AM

Aqua Strength & Stability

- Megan

-11/29-Chandler

Aqua Strength & Stability

-11/3 Megan

-11/10 Rose

-11/17 Megan

-11/24 Jennifer

Aqua Strength & Stability

Megan

Aqua Blast

-11/6 Aqua Bootcamp
-Megan

-11/13 Aqua Strength & Stability - Amy

-11/20 Aqua F.I.T.
-Megan

-11/27 Aqua Tabata
-Jennifer

5:30 - 6:30PM

Aqua Bootcamp

-Peggy

Aqua Dance

-Carrie

Aqua Zumba

-Rose