

# Aquatic Fitness Schedule

Effective: March 1, 2025

Monday	
Time	Class   Instructor
8 am	<b>Combo</b>   Kimmi
9 am	<b>Water Aerobics 101</b> Monica
10 am	<b>Tread &amp; Tone</b>   Monica

Tuesday	
Time	Class   Instructor
9 am	<b>Variety</b>   Theresa
10 am	<b>Aqua Pilates</b> Theresa

Wednesday	
Time	Class   Instructor
9 am	<b>Combo</b>   Valerie
10 am	<b>Aqua Zumba</b> Karen
11 am	<b>Senior &amp; Friends</b> Karen

Thursday	
Time	Class   Instructor
9 am	<b>Cardio Burst</b>   Terri
10 am	<b>Aqua Pilates</b>   Theresa

Friday	
Time	Class   Instructor
8 am	<b>Combo</b>   Kimmi
9 am	<b>Aqua Zumba</b> Karen

Fitness Schedule subject to change.  
Please contact the front desk for up-to-date class information.



**Dimple Dell Rec Center**

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