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eliminating racism
empowering women

ywca






El Paso del Norte Region

Schedule Effective May 25, 2021

WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM					
7:15-8:10	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics
9:00-9:50	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics
10:30-11:30	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics	Aqua-Aerobics
PM					
5:30PM	Aqua-Aerobics			Aqua-Aerobics	

LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM					
8:00- 8:50	 ZUMBA fitness				
9:00-9:50	Line Dancing	Silver Sneakers Classic	 ZUMBA fitness	Line Dancing	 ZUMBA fitness
10:30	Silver Sneakers Classic	Silver Sneakers Muscle	Silver Sneakers Muscle	Silver Sneakers Yoga	Line Dancing
PM					
5:30pm - 6:20pm	Yoga		Yoga		
6:00PM	Cardio Tone	 ZUMBA fitness	Cardio Tone	 ZUMBA fitness	

YOUTH

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00PM		Karate Adv		Karate Adv	
6:00PM		Karate Begn.		Karate Begn.	