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eliminating racism
empowering women



El Paso del Norte Region

Schedule Effective 8/3/2022

WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:30	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
pm						
5:30	Aquacise	Aquacise	Aquacise	Aquacise	Float Fit	

LAND AEROBICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:30		ZUMBA fitness		ZUMBA fitness	Yoga	ZUMBA fitness
9:45					SilverSneakers® Classic	
10:30	SilverSneakers® Classic	SilverSneakers® Classic	SilverSneakers® Classic	SilverSneakers® Classic		
pm						
12:00	ZUMBA fitness		ZUMBA fitness			
5:30	ZUMBA fitness	Yoga	ZUMBA fitness			

ALL LAND AND WATER AEROBICS CLASSES ARE 50 MINUTES LONG

WEIGHT ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00am-7:30pm	7:00am-7:30pm	7:00am-7:30pm	7:00am-7:30pm	7:00am-7:00pm	8:00am-1:00pm

OPEN LANES (Recreational and Lap Swimming)

Limited to two lanes during aquatics classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00am-1:00 pm	8:00am-1:00 pm	8:00am-1:00 pm	8:00am-1:00 pm	8:00am-1:00 pm	8:00am-12:40 pm
	4:00pm - 7:10pm	4:00pm - 7:10pm	4:00pm - 7:10pm	4:00pm - 7:10pm	4:00pm - 6:40pm	

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