

KATHARINE WHITE HARVEY BRANCH

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T: 915.519.0005 F: 915.584.7366

Mon. - Thurs.
7:00 am - 1:00

Mon. - Thurs.
5:00 pm - 7:30

Fri. 7:00 am-1:00p & 5:00 PM -7:00 PM



Effective Tentatively January 4, 2021

WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
am					
7:15	Easy Does It		Easy Does It		Easy Does It
8:30	Aquacise	Aquacise	Aquacise	Aquacise	
10:00	Power Hour	Power Hour	Power Hour	Power Hour	Power Hour
pm					
5:30					
5:45	Aquacise	Aquacise		Aquacise	Aquacise

LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
am					
8:30	ZUMBA toning	ZUMBA fitness	ZUMBA fitness	ZUMBA fitness	ZUMBA fitness
9:45	Yoga		Yoga		Yoga
11:00	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®
pm					
5:30			Cardio Tone	Yoga	
6:00	ZUMBA fitness				
6:30		ZUMBA fitness	ZUMBA fitness	ZUMBA fitness	

ALL ADULT FITNESS AND AQUATICS CLASSES ARE 45 MINUTES LONG

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