

# KATHARINE WHITE HARVEY BRANCH

313 Bartlett Drive El Paso, TX 79912

T: 915.519.0005 F: 915.584.7366



## WATER AEROBICS

Effective November 1, 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
7:15	Easy Does It		Easy Does It		Easy Does It	
8:30	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
10:00	Power Hour	Power Hour	Power Hour	Power Hour	Power Hour	
pm						
5:30	Aquacise	Aquacise	Aquacise	Aquacise	Water Volleyball	
6:30	Water Volleyball		Water Volleyball			

## LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:30	 ZUMBA toning	 ZUMBA fitness	 ZUMBA fitness	 ZUMBA fitness	 ZUMBA fitness	
9:30		Salsa Aerobics		Salsa Aerobics		
9:45	Yoga		Yoga		Yoga	Yoga
10:00		Pure Strength		Pure Strength		
11:00	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	Body Sculpt
pm						
5:30			Cardio Tone	Yoga		
6:00						
6:20		 ZUMBA fitness		 ZUMBA fitness		

## Youth Fitness

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
12:00						Capoiera
5:30		Capoiera		Capoiera		

**ALL ADULT FITNESS AND AQUATICS CLASSES ARE 45 - 50 MINUTES LONG**

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