

KATHARINE WHITE HARVEY BRANCH

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WATER AEROBICS

Effective May 31, 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		
10:00	Power Hour	Power Hour	Power Hour	Power Hour	Power Hour	
pm						
5:30	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
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	
9:45	Yoga		Yoga		Yoga	
10:00		Pure Strength		Pure Strength		
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		

Outdoor Pool

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	10:00 AM - 1:00 PM	10:00 AM - 1:00 PM	10:00 AM - 1:00 PM	10:00 AM - 1:00 PM	10:00 AM - 1:00 PM	10:00 AM - 1:00 PM
PM	4:00 PM - 7:15 PM	4:00 PM - 7:15 PM	4:00 PM - 7:15 PM	4:00 PM - 7:15 PM	3:00 PM - 6:45 PM	

ALL ADULT FITNESS AND AQUATICS CLASSES ARE 45 MINUTES LONG

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