

KATHARINE WHITE HARVEY BRANCH

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eliminating racism
empowering women
ywca
El Paso del Norte Region

WATER AEROBICS

June 7, 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
7:30	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 tonics	 ZUMBA fitness	 ZUMBA fitness	 ZUMBA fitness	 ZUMBA fitness	
9:00						
9:30		Salsa Aerobics		Salsa Aerobics		
9:45	Yoga		Yoga		Yoga	
10:00		Pure Strength		Pure Strength		
11:00	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	SilverSneakers®	
pm						
5:30			Cardio Tone	Yoga		
6:20	 ZUMBA fitness	 ZUMBA fitness				

Youth Fitness

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
9:00						
10:00						Gymnastics
11:00						Tumbling
pm						
4:30	Tumbling	Tumbling	Tumbling	Tumbling	Tumbling	
5:30	Gymnastics	Free Running	Gymnastics	Free Running	Gymnastics	

Outdoor Pool

AM Session	10:00 - 1:00	10:00 - 1:00	10:00 - 1:00	10:00 - 1:00	10:00 - 1:00	8:00 - 12:45
PM Session	4:00 - 7:15	4:00 - 7:15	4:00 - 7:15	4:00 - 7:15	4:00 - 7:15	

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

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