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eliminating racism
empowering women
ywca
El Paso del Norte Region

Effective 2/15/2019

WATER AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:30	Aquacise		Aquacise			
9:00		Aquacise		Aquacise		
9:30	Power Hour		Power Hour		Power Hour	
pm						
4:00	Aquacise		Aquacise		Aquacise	
5:30	Power Hour	Aquacise	Power Hour	Aquacise		
6:30	Float Fit		Float Fit	Float Fit		

LAND AEROBICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
am						
8:30	Cardio Tone /Salsa		Cardio Tone /Salsa		Yoga	
9:30						
9:45					SilverSneakers® Yoga	
10:30	SilverSneakers® Classic		SilverSneakers® Classic			
pm						
12:00					Strong by 	
5:30						

ALL ADULT FITNESS AND AQUATICS CLASSES ARE 50 MINUTES LONG

OPEN PLUNGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30am-1:00pm	5:30am-1:00pm	5:30am-1:00pm	5:30am-1:00pm	5:30am-1:00pm	8:00 to 1:45pm
	4pm-7:30pm	4pm-7:30pm	4pm-7:30pm	4pm-7:30pm	4pm-6:00pm	

OPEN LANES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30am-1:00pm	5:30am-1:00pm	5:30am-1:00pm	5:30am-1:00pm	5:30am-1:00pm	8:00 to 1:45pm
	4pm-7:30pm	4pm-7:30pm	4pm-7:30pm	4pm-7:30pm	4pm-6:00pm	

Limited to 1 Lane only: during water aerobics classes.

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