

KATHARINE WHITE HARVEY BRANCH

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WATER AEROBICS

Effective August 8, 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 toning	 ZUMBA fitness	 ZUMBA fitness	 ZUMBA fitness	 ZUMBA fitness	
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		Dancing with Diego	Cardio Tone	Yoga	Dancing with Diego	
5:30			Yoga			
6:20	 ZUMBA fitness	 ZUMBA fitness				

Youth Fitness

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

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

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