

WATER EXERCISE CLASSES

AT THE DENNIS MALONE AQUATICS CENTER



DMAC WATER EXERCISE SCHEDULE

MON

AM

Aqua Aerobics
9:30 - 10:15 am

Ai Chi
10:30 - 11:15 am

PM

Aqua Aerobics
6:15 - 7:00 pm

TUE

AM

Aqua Pilates
10:00 - 10:45 am

Water Walking
10:45 - 11:30 am

PM

Aqua Zumba
6:15 - 7:00 pm

WED

AM

Arthritis
Ftn. of Youth
9:00 - 9:45 am

Arthritis
Aqua Intervals
9:45 - 10:30 am

Aqua Aerobics
10:45 - 11:30 am

PM

Hydrorider
6:15 - 7:00 pm

THU

AM

Hydrorider
10:00 - 10:45 am

Aqua Aerobics
10:45 - 11:30 am

PM

Aqua Aerobics
6:15 - 7:00 pm

FRI

AM

Hydrorider
10:00 - 10:45 am

Aqua Boot Camp
10:45 - 11:30 am

PM

Aqua Boot Camp
6:15 - 7:00 pm

Water Exercise Intensity Scale

