CLAY MADSEN RECREATION CENTER

"It's A Wonderful Workout"

Aquatic Class Schedule

Monday, December 21	Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31
Aqua S-Wet 5:30-6:20am Shelia	Aqua S-Wet 5:30-6:20am Shelia		Aqua S-Wet 5:30-6:20am Shelia	
D.A.F. 8:30-9:20am Jen	D.A.F. 8:30-9:20am Jen		D.A.F. 8:30-9:20am Jen	
Aqua Fit 9:30-10:20am Bradley	Aqua Fit 9:30-10:20am Bradley	Aqua Tone 9:30-10:20am Jen	Aqua Fit 9:30-10:20am Bradley	Aqua Tone 9:30-10:20am Jen
Aqua Core 10:30-11:20 Bradley	Aqua Core 10:30-11:20 Bradley	Aqua Energizer 10:30-11:20am Jen	Aqua Core 10:30-11:20 Bradley	Aqua Energizer 10:30-11:20am Jen
Aqua Power 6:00-6:50pm Jen	Aqua Power 6:00-6:50pm Jen	Aqua Zumba 6:00-6:50pm Maria	Aqua Power 6:00-6:50pm Jen	
		Aqua Power/Tabata 7:00-7:50pm Maria		*CMRC will close at 5:00pm*

Please note:
CMRC will be closed
December 22-25, 2015 and
January 1, 2016