

Aqua Group Fitness Class Schedule Fall 2020



Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30am Cardio Tone Marisa 10:00am Fit interval Stacey 7:00pm Aqua Zumba Kristina	9:00am Fit Interval Marisa 7:00pm DUO Kristina	5:30am Deep Interval Marisa 10:00am Aqua Fitness Stacey 7:00pm Aqua Zumba Jessica/Satomi	9:00am Hydro Fit Marisa 7:00pm Aqua Fitness Heather	8:10am Cardio Tone Stacey T. 10:00am Aqua Zumba Heather	9:00am Rotation 1st – GLIDE Fit 2nd - Aqua Zumba 3rd – GLIDE Fit 4th - Hydro Fit 5th - DUO
	No registration required, first come first serve for attending class.	Follow us on Facebook: <u>WVCFFC Fitness Forum</u> We will be posting any update/changes				

Depends on COVID-19 safety guideline, this Class schedule will be modified or could change anytime. Thank you for understanding.



Family Fitness Center
 5415 West 3100 South | 801-955-4000
www.wvcfitness.com

