



WCC Pool/Fitness Schedule

Online Signup: wrpd.recdesk.com

Call (530) 938-4685 with questions or to book a pool party!

Monday

Free Swim 7-8am
Aqua Aerobics 8-9am
Aqua Aerobics 9-10am
Yoga 9:30-10:30am
PiYo 10:30-11:30am
Zumba Gold 4-5pm
Free Swim 4:15-5:15pm
Zumba Fitness 5:30-6:30pm

Tuesday

Yoga 9:30-10:30am
Yoga (FREE! Register @COS) 12-1pm
Free Swim 4:15-5:15pm

Wednesday

Free Swim 7-8am
Aqua Aerobics 8-9am
Aqua Aerobics 9-10am

Wednesday (Cont.)

Yoga 9:30-10:30am
PiYo 10:30-11:30am
Free Swim 4:15-5:15pm

Thursday

Yoga (FREE! Register @COS) 12-1pm
Zumba Gold 10:45-11:45am
Free Swim 4:15-5:15pm
Zumba Fitness 5:30-6:30pm

Friday

Free Swim 7-8am
Aqua Aerobics 8-9am
Aqua Aerobics 9-10am
Free Swim 4:15-5pm
Aqua Zumba 5-5:30pm

Saturday

Zumba Gold 9:30-10:30am



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