

# WEED COMMUNITY CENTER

## CLASS SCHEDULE

OPEN MON-FRI 8:30AM-5:30PM, SATURDAY 9AM-4PM (530) 938-4685 161 E. LINCOLN AVE WEED CA

### AQUA AEROBICS-

- **MONDAY-**
  - 9AM-10AM
  - 5:15PM-6:15PM
- **TUESDAY-**
  - 5:30PM-6:30PM
- **WEDNESDAY-**
  - 9AM-10AM
  - 5:30PM-6:30PM
- **THURSDAY-**
  - 5:30PM-6:30PM
- **FRIDAY-**
  - 9AM-10AM

### AQUA ZUMBA-

- **THURSDAY-**
  - 4:45PM-5:15PM

### PIYO-

- **MONDAY-**
  - 10:30AM-11:30AM
- **WEDNESDAY-**
  - 10:30AM-11:30AM

### QIGONG-

- **TUESDAY-**
  - 9AM-10AM

### ZUMBA GOLD-

- **MONDAY-**
  - 4:20PM-5:20PM
- **THURSDAY-**
  - 11AM-12PM
- **SATURDAY-**
  - 11AM-12PM

### ZUMBA FITNESS-

- **MONDAY-**
  - 5:30PM-6:30PM
- **THURSDAY-**
  - 5:30PM-6:30PM

### KNITTING

- **TUESDAY-**
  - 10AM-12PM

### YOGA

- **TUESDAY-**
  - 9AM-10AM
- **THURSDAY-**
  - 9AM-10AM

### ADVANCED STEP-

- **MONDAY-**
  - 5PM-6PM
- **TUESDAY-**
  - 5PM-6PM
- **THURSDAY-**
  - 5PM-6PM

### STRENGTH & BALANCE-

- **TUESDAY-**
  - 9AM-10AM
- **THURSDAY-**
  - 9AM-10AM

### ADULT SELF PACE (QUIET TIME)

- **MONDAY-**
  - 8:30AM-9AM
- **TUESDAY-**
  - 8:30AM-10:30AM
- **WEDNESDAY-**
  - 8:30AM-9AM
- **THURSDAY-**
  - 8:30AM-10:30AM
- **FRIDAY-**
  - 8:30AM-9AM

### SELF PACE SWIM CLASS

- **MONDAY-**
  - 10AM-12PM
  - 3PM-5:30PM
- **TUESDAY-**
  - 10:30AM-5:30PM
- **WEDNESDAY-**
  - 10AM-12PM
  - 3PM-5:30PM
- **THURSDAY-**
  - 10:30AM-4:45PM
- **FRIDAY-**
  - 10AM-12PM
  - 3PM-5:30PM
- **SATURDAY-**
  - 9AM-11AM OPEN SWIM
  - 12PM-3PM OPEN SWIM

### SWIM LESSONS, MOMMY & ME CLASS

- **SATURDAY**
  - 11AM-12PM MOMMY & ME
  - 3PM-4PM PRIVATE SWIM LESSONS

**SOME EVENTS MAY CANCEL OUT SWIMMING**  
**UPDATED 10.10.2020**

**SELF PACED CLASS (OPEN SWIM) IS ANYTIME THERE ARE NO AQUA CLASSES, SWIM LESSONS OR POOL THERAPY (MON, WED & FRI 12PM-3PM).**  
**COME JOIN A CLASS, DROP-IN FEE TO TRY A CLASS IS \$5.00**