

WEED COMMUNITY CENTER

CLASS SCHEDULE

AQUA AEROBICS-

- **MONDAY-**
 - 9AM-10AM
 - 4:30PM-5:30PM
- **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

ADVANCED STEP-

- **MONDAY-**
 - 5PM-6PM
- **WEDNESDAY-**
 - 5PM-6PM

STRENGTH & BALANCE-

- **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

SELF PACED CLASS (OPEN SWIM) IS ANYTIME THERE ARE NO AQUA CLASSES OR POOL THERAPY (MON, WED & FRI 12PM-3PM).

COME JOIN A CLASS, DROP-IN FEE TO TRY A CLASS IS \$5.00

UPDATED 8.20.2020