

# December

2019

## Hydrocise Plus

### Class Changes

Some of the dates for Hydrocise Plus are changing due to the Molalla High School Swim Team's use of the pool. We are excited to have such a large team this year! We want to thank each one of you who attend Hydrocise Plus. We here at the Molalla Aquatic Center value your commitment to this class and your health!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9 Hydrocise Plus 5:30 PM	10	11 Hydrocise Plus 5:30 PM	12	13	14
15	16 Hydrocise Plus 5:30 PM	17	18	19	20 Hydrocise Plus 5:30 PM	21
22 Closed	23 Closed	24 Closed	25 Closed	26 Closed	27 Closed	28 Closed
29 Closed	30 Hydrocise Plus 5:30 PM	31				

\*Class dates and times are subject to change.