

Willmar

Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics 8:45 - 9:30		Water Aerobics 8:45 - 9:30	Aqua Cycling 9:00 - 9:45	Water Aerobics 8:45 - 9:30
	Studio Strength 9:00 - 9:45	*Yoga* 8:30 - 9:15	Parkinson's Exercise 9:00 - 9:45	
Water Aerobics 10:00 - 10:45		Water Aerobics 10:00 - 10:45		Water Aerobics 10:00 - 10:45
Senior Fit 2:00 - 2:45		*Senior Fit* 2:00 - 2:45		*Senior Fit* 2:00 - 2:45
	Chair Yoga 3:00 - 3:45			
	Water Aerobics 4:30 - 5:15		Aqua Noodle 4:30 - 5:15	
		In Motion 5:30 - 6:00		

A friendly reminder that the pool and hot tub are closed during water classes.

Blue = Pool Red = Fitness Studio * = SilverSneakers Class

Purple = Registration Required

Mon. - Thur. 5:00 am - 6:30 pm Fri. 5:00 am - 5:00 pm

Sat. 5:00 am - Noon