

Fall 2021 Aqua Aerobics/Exercise Schedule

MONDAY

Aqua Aerobics
Competition
9:30-10:30am
Lena

Water Workout
Original
10:05-10:50am
Denise/Anne

Aqua Intervals
Original
7:00-8:00pm
Patti

TUESDAY

Silver Sneakers
Silver Splash
Original
8:45-9:25am
Leasha

Tabata H2O
Competition
9:30-10:30am
Mary Lou

Total Body Aqua
Original
7:00-8:00pm
Leasha

WEDNESDAY

Liquid Z
Original
9:00-9:45am
Tracy

Water Workout
Original
10:05-10:50am
Denise/Anne

Aqua Intervals
Original
7:00-8:00pm
Patti

THURSDAY

Aqua Intervals
Competition
9:30-10:30am
Mary Lou

Tabata H2O
Competition
10:30-11:30am
Mary Lou

Arthritis Exercise
Original
10:00-10:45am
Lena

Aqua Intervals
Original
7:00-8:00pm
Leasha

FRIDAY

Silver Sneakers
Silver Splash
Original
8:15-9:15am
Leasha

Aqua Intervals
Original
9:30-10:30am
Mel

Yoqua
Original
6:00-7:00pm
Leasha

SATURDAY

SUNDAY

Hydro Running
Original
8:00-9:00am
Patti

Prior To Arriving At WCC Please Create A SuperSaas Account & Register For Your Workout Time & Activities

All Members must sign up using SuperSaas to make reservations for the following exercise options including; Aqua & Floor Aerobics classes, Spin, TRX & Barre, Lap Swim & Adult Exercise Swim times, FREE Saturday Morning Fitness & Fun, Racquetball & Pickleball, and Tennis! Reservations can be made 48 hours in advance of the class and are reserved for Members only. Please use the link below to access SuperSaas.

<https://www.supersaas.com/schedule/WCC>

For more information please visit our website.

<https://www.whitincommunitycenter.com>



Fitness. Family. Community.