

Winter 2023-24 Aqua Aerobics/Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aqua Aerobics <i>Original</i> 8:30-9:15am Leasha	Silver Sneakers® Silver Splash <i>Original</i> 8:30-9:30am Leasha	Aqua Aerobics <i>Original</i> 8:30-9:15am Leasha	Aqua Aerobics <i>Original</i> 8:30-9:15am Leasha	Silver Sneakers® Silver Splash <i>Original</i> 8:15-9:15am Leasha	Aqua Aerobics <i>Original</i> 8:30-8:45am Lorna	Deep Water Workout <i>Original</i> 7:45-8:45am Patti
Water Workout <i>Original</i> 10:05-10:50am Anne	Aqua Aerobics & Core <i>Competition</i> 9:30-10:30am Marcia	Aqua Zumba <i>Original</i> 9:15-10:00am Tracy	Aqua Intervals <i>Competition</i> 9:30-10:30am Patti	Aqua Intervals <i>Original</i> 9:15-10:15am Leasha		
Aqua Aerobics <i>Original</i> 7:00-8:00pm Patti	Tabata H2O <i>Competition</i> 10:30-11:15am Leasha	Aqua Aerobics <i>Competition</i> 9:30-10:30am Leasha	Arthritis Exercise <i>Original</i> 10:00-10:45am Anne	Yoqua <i>Original</i> 6:00-7:00pm Leasha		
	Aqua Aerobics <i>Original</i> 7:00-8:00pm Chantal	Water Workout <i>Original</i> 10:05-10:50am Anne	Aqua Intervals <i>Original</i> 7:00-8:00pm Chantal			
		Aqua Intervals <i>Original</i> 7:00-8:00pm Patti				

Prior to arriving at WCC, please reserve your spot in our classes/programs, register online through [Daxko.com](https://www.Daxko.com). Reservations can be made 48 hours in advance of the class and are reserved for Members only. Please use the link below to access Daxko.

<https://www.Daxko.com>

For more information please visit our website.

<https://www.WhitinCommunityCenter.com>

Members or guests 14 and under must complete an orientation through all fitness equipment by appointment with our Fitness Room Staff prior to using the Fitness room. For appointments please register online through Daxko. For more information please email Athletics@OurGym.org.



Fitness. Family. Community.