Winter/Spring Aquafit Schedule

Location: Indoor Activity Pool Indoor Lap Pool Monday Tuesday Wednesday Thursday Friday Saturday Hyper Walk Fitness Hyper Walk Fitness Hyper Walk Fitness Intense Shallow Intense Shallow 8:00 AM 8 - 9am 8 - 9am 8 - 9am Water Water 8:10 - 9:10am 8:10 - 9:10am **Hyper Walk Fitness** 8:30 - 9:30am 9:00 AM Fused Water Splash Splash Fused Water Splash Fitness 9:10 - 10:10am 9:10 - 10:10am Fitness 9:10 - 10:10am 9:20 - 10:20am 9:20 - 10:20am 10:00 AM Low Impact Low Impact **River Walking River Walking River Walking** Water Fitness Water Fitness 10:20 - 11:20am 10:20 - 11:20am 10:20 - 11:20am 10:30 - 11:15am 10:30 - 11:15am **Mobility Fitness Mobility Fitness** 11:00 AM 11:15am - 12pm 11:15am - 12pm **Fused Water Fused Water** 6:00 PM Fitness Fitness 6-7pm 6-7pm Northalenn Pool schedules subject to change. Visit www.northglenn.org/aquatics Northglenn Recreation Center for most recent schedule.

January - April 2024

303.450.8800

orthglenn Recreation Center 1 E Memorial Pkwy Northglenn, CO 80233