

Winter/Spring Aquafit Schedule

January - April 2024


303.450.8800

Location:

Indoor Activity Pool

Indoor Lap Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Hyper Walk Fitness 8 - 9am	Intense Shallow Water 8:10 - 9:10am	Hyper Walk Fitness 8 - 9am	Intense Shallow Water 8:10 - 9:10am	Hyper Walk Fitness 8 - 9am	Hyper Walk Fitness 8:30 - 9:30am
9:00 AM	Splash 9:10 - 10:10am	Fused Water Fitness 9:20 - 10:20am	Splash 9:10 - 10:10am	Fused Water Fitness 9:20 - 10:20am	Splash 9:10 - 10:10am	
10:00 AM	River Walking 10:20 - 11:20am	Low Impact Water Fitness 10:30 - 11:15am	River Walking 10:20 - 11:20am	Low Impact Water Fitness 10:30 - 11:15am	River Walking 10:20 - 11:20am	
11:00 AM		Mobility Fitness 11:15am - 12pm		Mobility Fitness 11:15am - 12pm		

6:00 PM	Fused Water Fitness 6 - 7pm		Fused Water Fitness 6 - 7pm			 Northglenn
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Pool schedules subject to change.
Visit www.northglenn.org/aquatics
for most recent schedule.

Northglenn Recreation Center
1 E Memorial Pkwy
Northglenn, CO 80233