

NORTHGLENN RECREATION CENTER AQUATIC FITNESS SCHEDULE

AQUA FIT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	HYPER WALK WATER FITNESS 8-9AM	INTENSE SHALLOW WATER 8:10-9:10AM	HYPER WALK WATER FITNESS 8-9AM	INTENSE SHALLOW WATER 8:10-9:10AM	HYPER WALK WATER FITNESS 8-9AM
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-12:15PM		MOBILITY FITNESS 11:15AM-12:15PM	
6:00 PM	FUSED WATER FITNESS 6-7PM		FUSED WATER FITNESS 6-7PM		

LOCATION: ACTIVITY POOL

LAP POOL

High Cardio, High Intensity Classes: *Hyper Walk Water Fitness, Intense Shallow Water*

Low Cardio, Medium Intensity Classes: *Splash, Fused Water Fitness*

Low Cardio, Low Intensity Classes: *River Walking, Low Impact Water Fitness, Mobility Fitness*

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