

Water Fitness class Schedule

September 5 - December 30, 2023

Monday Wednesday

5:45-6:45AM

Deep Water

7:55-8:55AM

Water Walk

9:15-10:15AM

Shallow Water

12:00-1:00 PM

Arthritis Aquatics

7:15-8:15PM

Deep Water

Tuesday Thursday

5:45-6:45AM

Aquatic Boot Camp

8:30-9:30AM

Arthritis Aquatics

9:45-10:45AM

LIFT

7:15-8:15PM

Shallow Water

Friday

5:45-6:45AM

Aquatic Boot
Camp

7:55-8:55AM

Water Walk

9:15-10:15AM

Shallow Water

12:00-1:00 PM

Arthritis Aquatics

Saturday

8:15-9:15AM

Deep Water

Drop in Fees:

Adult R	\$7.50
Adult NR	\$8.25

Sr/Disabled R	\$5.75
Sr. Disabled NR	\$6.25

R= Resident of MLT
NR= Non Resident
Ask about Fitness Passes

