

AQUATIC FITNESS & MORE

WINTER 2025 AT **PARC** Plymouth Arts & Recreation Complex Jan 7-March 28, 2025

Schedule subject to change. This schedule was updated on 12/27/24

Aquatic fitness

Lap Swim & Water Walking

T U E S D A Y S

DEEP AQUAFIT 8:15AM-9AM (NICOLE)
GENTLE AQUAFIT 9AM-9:45AM (KRISTI)

LAP SWIM 7AM-12NOON
WATER WALKING 9AM-10AM
WOMENS ONLY LAP SWIM 1-1:45PM

T H U R S D A Y S

DYNAMIC AQUAFIT 8:15AM-9AM (LONDON)
GENTLE AQUAFIT 9AM-9:45AM (KRISTI)

LAP SWIM 7AM-9AM
WATER WALKING 9AM-10AM

F R I D A Y S

AQUAWALK, JOG & SPRINT 9AM-9:45AM (KRISTI)
STAND UP PADDLEFIT 9AM-9:45AM \$ (MARISA)
AQUAYOGA 9:45AM-10:30AM (MARISA)

LAP SWIM 9:45AM-10:45AM

S A T U R D A Y S

AQUAHIIT 10AM-10:45AM (NICOLE, LONDON, KAYLIN)

LAP SWIM 9:45AM-11:45AM
LAP SWIM 1PM-2PM

*Times and schedule are subject to change.

(\$) Stand Up PaddleFit is a premium class. Walk in rate is \$20. If enrolled for semester, class is less than \$15/class

Special Swim

Tues Toddler Play Swim:
Tues 9:45am-10:30am

&

Sat Family Swim:
Sat 11:45am-12:45pm



Therapeutic Aquatics

Therapeutic Aqua Clinic:

Tues 9:45am-10:30am or Fridays 1-2pm

Aquatic Therapy & Bodywork:

Various times on Tues, Thurs & Fri mornings

*Check PARC Aquatic Fitness page on website for up to date schedule & to make reservations.



www.specialtyaquaticprograms.com

