

Aqua Interval Classes



Classes are high energy, low impact aqua fitness classes designed for all skill and fitness levels.

This class is pure FUN as you are challenged with powerful, invigorating movements through the water.

Sunday	11:00 a.m.-12:00 p.m.
Wednesdays	6:00-7:00 p.m.
Saturdays	8:15-9:15 a.m.

SUMMER OUTDOOR LOCATION!

Classes will be held at Northview Pool June, July and August, weather permitting. In case of inclement weather, classes will be held at Central Square Community Center.