DAVIS WATER FITNESS

FALL

EFFECTIVE: OCTOBER 20 - DECEMBER 20

MON	TUES	WED	THU	FRI
WATER FITNESS 9:00 AM - 9:45 AM LAP POOL	WATER FITNESS 9:00 AM - 9:45 AM LAP POOL	WATER FITNESS 9:00 AM - 9:45 AM LAP POOL	WATER FITNESS 9:00 AM - 9:45 AM LAP POOL	WATER FITNESS 9:00 AM - 9:45 AM LAP POOL
WATER FITNESS 10:40 AM - 11:25 AM LAP POOL	WATER FITNESS 10:40 AM - 11:25 AM LAP POOL	WATER FITNESS 10:40 AM - 11:25 AM LAP POOL	WATER FITNESS 10:40 AM - 11:25 AM LAP POOL	WATER FITNESS 10:40 AM - 11:25 AM LAP POOL
**ARTHRITIS M/W/F 11:30-12:15 PM THERAPY POOL	**ARTHRITIS Tues/Thur 11:30-12:15 PM THERAPY POOL	**ARTHRITIS M/W/F 11:30-12:15 PM THERAPY POOL	**ARTHRITIS Tues/Thur 11:30-12:15 PM THERAPY POOL	**ARTHRITIS M/W/F 11:30-12:15 PM THERAPY POOL
	AQUA SCULPT & FLOW 5:45-6:30PM THERAPY POOL		AQUA SCULPT & FLOW 5:45-6:30PM THERAPY POOL	

All classes are free for members unless marked.

Please be courteous to other members by making sure you are not interfering with other programming before or after your scheduled class time.

**Arthritis Water Fitness requires registration and is a paid program
M/W/F for 1 month $27 Members / $54 Non-members
Tu/Th for 1 month $19 Members / $38 Non-Members

UPDATED: 10.23.26