SAN DIMAS PARKS & RECREATION DEPARTMENT
SWIM & RACQUET CLUB

FITNESS CLASS SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 am	Hi/Low Combo						Hi/Low Combo
8:30 am				Low Impact	Stretch & Tone	Low Impact	
9:00 am		Ball and Sculpt	Yoga				
10:30 am		SilverSneaker ONLY	SilverSneaker ONLY	SilverSneaker ONLY	SilverSneaker ONLY	SilverSneaker ONLY	
11:30 am		Senior Stretch/Tone	Seniors	Seniors Stretch/Tone	Seniors		
3-4pm							
4-5pm		AquaFit (TP)		AquaFit (TP)		AquaFit (TP)	
5:30 pm				Step & Sculpt	Hi/Low Sculpt		
6:30 pm		Step & Sculpt			Step & Sculpt		
7:30-8:30pm							

Updated 7/2015