

GROUP FITNESS SCHEDULE

FITNESS & AQUATICS CENTER



| DAY | TIMES | CLASS DESCRIPTION |
|--------|---------------------|--|
| MON. | 11:15 PM – 12:00 PM | WATER AEROBICS |
| | 12:30 PM – 1:15 PM | BURN & SCULPT with SANDRA |
| TUES. | 12:30 PM – 1:15 PM | GET METABOLIC! TWICE THE RESULTS IN 1/2 THE TIME with CARRIE |
| WED. | 11:15 AM – 12:00 PM | WATER AEROBICS |
| | 12:30 PM – 1:15PM | BURN & SCULPT with SANDRA |
| THURS. | 12:30 PM – 1:15 PM | GET METABOLIC! TWICE THE RESULTS IN 1/2 THE TIME with CARRIE |
| FRI. | 11:15 PM – 12:00 PM | WATER AEROBICS |

2018 SUMMER SESSIONS

SESSION I: JUNE 4 – JULY 20

SESSION II: JULY 23 – AUGUST 31

NO CLASSES JULY 4th**



Scan the QR Code with your phone
& like our Facebook page!



All of our group classes are open to the public. For Daytona State College students with a current Fitness & Aquatics Center membership classes are FREE, otherwise class fees are:

TOTAL FEES PER SESSION

\$35