

# WARFORD ACTIVITY CENTER

## FITNESS SCHEDULE

*Classes included with a monthly membership. New members receive the first month free.*

### MONDAY

**9:00a - 10:00a**

Water Aerobics

**5:30p - 6:30p**

Rebound

**7:00p - 8:00p**

Step Aerobics

### TUESDAY

**9:00a - 10:00a**

Aqua Dance

**10:30a - 11:30a**

Walk with Ease

**5:30p-6:30p**

Water Aerobics

**6:00p-7:00p**

Dance Aerobics

### WEDNESDAY

**9:00a - 10:00a**

Water Aerobics

**10:30a - 11:00a**

Chair Yoga

**5:30p - 6:30p**

Rebound

**6:00p - 6:30p**

Gym 101

**6:30p - 7:00p**

Flexibility &  
Recovery

### THURSDAY

**9:00a - 10:00a**

Aqua Dance

**10:30a - 11:30a**

Walk with Ease

**5:30p - 6:30p**

Step Aerobics

**6:30p-7:30p**

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### FRIDAY

**9:00a - 10:00a**

Water Aerobics

### SATURDAY

**9:00a - 10:00a**

Rebound

**10:30a - 11:30a**

Walk with Ease

 **1330 NW 18TH AVE**

