

# Fitness Classes

***Splash*** - MWF 8:00am - 8:45am

***Aqua Fit*** - T/TH 5:00pm - 5:45pm

Both classes are designed for all fitness levels. Modify to meet your needs.

All equipment provided.

**\$4 per class. Free to City employees. Punch cards and annual passes available.**

**STRENGTH & CONDITIONING - M/W 6:00pm - 6:45pm (*This class is offered at the multicultural Center*)**

\*This class is a moderate to high intensity level but can be modified to low intensity as needed.

All equipment provided: weights, mats, bars, benches, etc.

**\$2 per class. Free to City employees and Fitness Center members.**