



Aquafit Unlimited

Daily Drop-In \$10

Recurring Membership **R \$60 NR \$70**

Single Month Fee **R \$70 NR \$80**

Purchase a single month or recurring membership and come to all the classes we offer!

Lap Swim included in Aquafit Unlimited membership!

Aug. 8-19

RecPlex

420 W. Dempster St.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45 AM Ease	9:00-10:00 AM Power	9:00-9:45 AM Ease	9:00-10:00 AM Power	9:00-10:00 AM Jog
9:00-10:00 AM Jog	10:15-11:00 AM Aquabata	9:00-10:00 AM Jog	10:15-11:15 AM Arthritis	10:15-11:00 AM Ease
10:15-11:15 AM Arthritis		10:15-11:00 AM Aquabata Light		



6:00-6:45 PM
**Aquabata Deep*
Meadows Pool**

***Class Dates**
Aug. 9, Aug. 16,
Aug. 23 & Aug. 30

Class descriptions can be found online at mppd.org

- | Low Intensity
- | Medium Intensity
- | High Intensity

RecPlex Pool Closed for Cleaning

Aug. 22-Sep. 2

Meadows Pool

1401 W. Gregory St.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45 AM Ease	9:00-10:00 AM Power	9:00-9:45 AM Aquabata	9:00-10:00 AM Power	11:00 AM-12:00 PM Deep H2O
10:00-11:00 AM Jog	6:00-6:45 PM Aquabata Deep	10:00-11:00 AM Jog		

