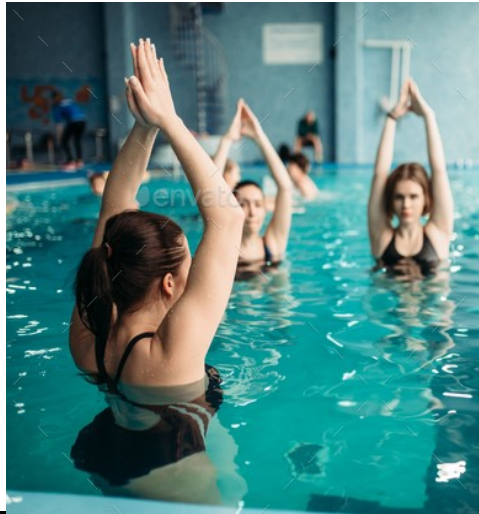




Summer Aqua Fitness

July 5 - Oct. 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 a.m. - 10:00 a.m. Aqua Fitness	9:15 a.m. - 10:00 a.m. Aqua Fitness	9:15 a.m. - 10:00 a.m. Aqua Fitness	9:15 a.m. - 10:00 a.m. Aqua Fitness	9:15 a.m. - 10:00 a.m. Aqua Fitness	8:15 a.m. - 9:00 a.m. Deep Water Aerobics	11:00 a.m. - 11:45 a.m. Aqua Kickboxing
7:00 p.m. - 7:45 p.m. Deep Water Aerobics		7:00 p.m. - 7:45 p.m. Deep Water Aerobics				

All Classes Free for Platinum Members and Unlimited Aqua Participants.

All classes held in the indoor pool. Aqua Punch Cards Available!!

Ephrata Rec Center 130 S. Academy Drive

Ephrata 717-738-1167 www.ephratarec.com