

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.