

LIVONIA PARKS AND RECREATION

FALL 2015

CLASSES TAUGHT BY A.H.F CERTIFIED INSTRUCTORS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 A.M. Beginning Water Exercise Jill	9:00 A.M. Arthritic H2O Jill 10:00 A.M. Aquafit Deep Water Exercise Jill	9:30 A.M. Beginning Water Exercise Jill	9:00 A.M. Arthritic H2O Jill 10:00 A.M. Aquafit Deep Water Exercise Michele	9:00 AM Swim Fitness Training Jill
	6:35 P.M. Aquafit Yoga Mary Lee	7:00 P.M. Best Water Workout Michele	6:35 P.M. Aquafit River & Tone Barb	FIT FACT In one hour of water exercise, you can burn up to 500 calories!



Walk in registration available - purchase a wrist band at the front desk of the Livonia Community Rec Center

