

OUTDOOR WATER FITNESS CLASSES

Equipment needed for classes:

* Water noodle * Water weights (optional)

MONDAY	9:30 AM - Section 1 10:50 AM - Section 4
TUESDAY	10:00 AM - Section 3 11:30 AM - Section 5
WEDNESDAY	9:00 AM - Section 1 10:00 AM - Section 2
THURSDAY	10:00 AM - Section 5 11:20 AM - Section 3
FRIDAY	9:30 AM - Section 2 10:50 AM - Section 4

Section 1: Call or text Stefani Rifkind at (646) 591-2930 Fridays between 9:00 AM-11:00 AM

Section 2: Val Gardner will check residents into the class starting 15 minutes prior to class time. Sign up will be offered on a first come, first served basis

Section 3: Call or text Bonnie Miller at (516) 987-9366

Section 4: Call or text Doreen Blatstein at (215) 681-8704. Cut off for sign ups will be 5:00 PM the day prior to class.

Section 5: Call or text Jeff Fischer at (561) 490-1387 or call (561) 270-3284. Cut off for sign ups will be 5:00 PM the day prior to class.