

# Kiwanis Recreation Center

## Water Fitness - November 2024

Monday	Tuesday	Wednesday	Thursday	Saturday
<p><u>Water Fitness (15+ yrs.):</u></p> <p>Drop-In: \$7 per class</p>			<p><u>Water Fitness Memberships:</u></p> <p>30-Day Unlimited: \$46            4-Punch Pass: \$20            8-Punch Pass: \$40</p>	
<p><b>4</b></p> <p>5:30pm Shallow Water @ KRC</p>	<p><b>5</b></p> <p>8am Shallow Water @ KRC</p>	<p><b>6</b></p> <p>5:30pm Shallow Water @ KRC</p>	<p><b>7</b></p> <p>8am Shallow Water @ KRC</p>	<p><b>9</b></p> <p>9am H.I.I.T. @ KRC            10:15am Deep Water @ Clark</p>
<p><b>11</b></p> 	<p><b>12</b></p> <p>8am Shallow Water @ KRC</p>	<p><b>13</b></p> <p>5:30pm Shallow Water @ KRC</p>	<p><b>14</b></p> <p>8am Shallow Water @ KRC</p>	<p><b>16</b></p> <p>9am H.I.I.T. @ KRC            10:15am Deep Water @ Clark</p>
<p><b>18</b></p> <p>5:30pm Shallow Water @ KRC</p>	<p><b>19</b></p> <p>8am Shallow Water @ KRC</p>	<p><b>20</b></p> <p>5:30pm Shallow Water @ KRC</p>	<p><b>21</b></p> <p>8am Shallow Water @ KRC</p>	<p><b>23</b></p> <p>9am H.I.I.T. @ KRC            10:15am Deep Water @ Clark</p>
<p><b>25</b></p> <p>5:30pm Shallow Water @ KRC</p>	<p><b>26</b></p> <p>8am Shallow Water @ KRC</p>	<p><b>27</b></p> <p>5:30pm Shallow Water @ KRC</p>	<p><b>28</b></p> 	<p><b>30</b></p> <p>9am H.I.I.T. @ KRC            10:15am Deep Water @ Clark</p>