



**SOMETHING FOR EVERYBODY**

# AQUAFIT

***INSTRUCTOR: AMIE PALMER***

## **GENTLE FIT**

**MONDAYS & WEDNESDAYS:**

**JANUARY 6 – MARCH 12, 2025**

**10:00 – 10:30 AM**

## **AM JUMPSTART**

**MONDAYS, WEDNESDAYS, & FRIDAYS**

**9:00-9:45AM**

**JANUARY 6 – MARCH 20, 2025**

## **PM JUMPSTART**

**TUESDAYS & THURSDAYS**

**12:15-1:00PM**

**JANUARY 7 – MARCH 13, 2025**

**REGISTER FOR THE FULL COURSE OR REGISTER FOR A  
DROP IN. CALL TRAIL PARKS AND RECREATION FOR  
MORE INFORMATION**