



Sept. 8-Oct. 18
AQUATIC GROUP EXERCISE
Hempfield recCenter Indoor Pool

Monday

Morning

9:00-10:00 Shallow H2O
9:00-10:00 Deep H2O
10:00-11:00 Water Pilates

Afternoon/Evening

1:30-2:30 Shallow H2O
6:30-7:30 Water Walking

Tuesday

Morning

6:00-7:00 Hydrofit
9:00-10:00 Shallow H2O
9:00-10:00 Deep H2O

Wednesday

Morning

9:00-10:00 Shallow H2O
9:00-10:00 Deep H2O
10:00-11:00 Water Pilates

Afternoon/Evening

1:30-2:30 Shallow H2O
6:30-7:30 Water Walking

Thursday

Morning

6:00-7:00 Hydrofit
9:00-10:00 Shallow H2O
9:00-10:00 Deep H2O

Evening

6:30-7:30 Hydro Fit

Friday

Morning

9:00-10:00 Shallow H2O
9:00-10:00 Deep H2O
10:00-11:00 T&T

Afternoon

1:30-2:30 Shallow H2O

Saturday

Morning

9:00-10:00 Deep H2O

Questions?

Contact Deb Pelen, Aquatic Director
dpelen@hempfieldrec.com
717-898-3102 ext 137

Class descriptions can be found on
our website hempfieldrec.com