



Aquatic Exercise Schedule



<p>Monday</p> <p>12:00 - 1:00</p> <p>Low Impact H2O Aerobics</p> <p>With Maya Buchanan</p> <p>Peaks Wellness Director</p>	<p>Tuesday</p> <p>12:00 - 1:00</p> <p>Low Impact H2O Aerobics</p> <p>With Maya Buchanan</p> <p>Peaks Wellness Director</p>	<p>Wednesday</p> <p>9:00 - 9:45</p> <p>& 10:00 - 10:45</p> <p>Water Aerobics</p> <p>The City of Flagstaff</p>
<p>Thursday</p> <p>Open Swim</p> <p>Residents Only</p>	<p>Friday</p> <p>9:00 - 9:45 & 10:00 - 10:45</p> <p>The City of Flagstaff</p> <p>12:00-1:00</p> <p>With Maya Buchanan</p> <p>Peaks Wellness Director</p>	<p>Saturday</p> <p>Open Swim</p> <p>Residents Only</p> <hr/> <p>Sunday</p> <p>Open Swim</p> <p>Residents Only</p>

* To register for the water aerobics classes, contact The City of Flagstaff at 556-1275

* To register for the Low Impact Water Aerobics Class contact

Maya Buchanan in the Peaks Wellness Department at 774-7106 ext #218.

(Rates for a 12 session punch card are \$45 for City Clients and \$35 for Peaks Residents)