

October

Fitness Specialty Classes

TRX TRAINING

Thursdays October 3rd-26th

6:00am-6:30am

BUDDY BOOTCAMP

Wednesdays October 18th-November 8th

6:00pm-6:45pm

RIPPED WATER BOOTCAMP

Thursdays October 12th-November 19th

5:45pm-6:45pm (No class Nov 2nd)

IRON FIT

Tuesdays October 10th-31st

5:30am-6:15am

ZUMBA GOLD

Saturday October 21st 10:30am-11:15am

KANGOO JUMPS

Fridays October 6th– November 10th

6:00pm-7:00pm

Tuesdays October 3rd-November 7th

5:30am-6:30am

MAT PILATES

Tuesdays October 10th – November 7th

5:10pm-5:55pm (No class Oct 24th)



Mondays October 30th-December 5th

5:30am-6:15am

Wednesdays November 1st-December

13th 5:05pm-5:50pm (No class Nov 22nd)

October Swim Lessons Start October 9th

Free Fitness Classes

October 23rd– 29th

Come all week for FREE

Workshops

YIN YOGA and CHAKRAS

Sunday October 29th 2:00pm-3:30pm

This 90 minute restorative Yin yoga class

will offer a Yin exploration of the seven

Chakras. Yang Yoga movements will

complement the Yin practice and a final

relaxation will complete the class. Must

register online to reserve your spot! Only

taking 8 participants.



Join us on

Saturday, October 7th

3:00pm-6:00pm with the

WIBIT and FLOATIES!

Water slide opens at 12pm!

MEA Pool Schedule

Rec & Lap Pool:

Wednesday October 18th–Friday October

20th opening at 12:00pm

Slide:

Wednesday October 18th: 12:00pm-4:45pm

Thursday October 19th & Friday October

20th: 12:00pm-6:40pm

TOT Time:

Wednesday October 18th & Friday October

20th: 9:00am-11:00am

Aquatics Specialty Classes

WSI

Thursday October 19th-Sunday October 22nd

LIFEGUARD

Thursday October 19th-Sunday October 22nd

*Please contact Allyson at

akoppelman@waconia.org for more information.