



# WATER FITNESS

## WATER FITNESS SCHEDULE THROUGH DECEMBER 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Deep Water Running 8-8:45am Lap Pool		Deep Water Running 8-8:45am Lap Pool		Deep Water Running 8-8:45am Lap Pool	
	Aqua Fit 9-9:45am Lap Pool	Tabata 9-9:45am Lap Pool	Aqua Fit 9-9:45am Lap Pool	Tabata 9-9:45am Lap Pool	Aqua Fit 9-9:45am Lap Pool	Aqua Fit 9-9:45 Lap Pool
	Aqua Bootcamp 9:45-10:30am	Aqua Zumba 9:45-10:30am	Aqua Bootcamp 9:45-10:30am	Aqua Zumba 9:45-10:30am	Aqua Bootcamp 9:45-10:30am	
	Aqua Fit 6-6:45pm Lap Pool		Aqua Fit 6-6:45pm Lap Pool		Aqua Zumba 6-6:45pm	
	Tabata 6:45-7:30pm Lap Pool		Tabata 6:45-7:30pm Lap Pool			

**Due to our COVID19 safety precautions, classes have limited capacity and must be reserved via the Daxko app or online.**

### HOW TO RESERVE CLASSES:

Reserve the group fitness class of your choice now directly through our online schedule or app. This will ensure you have a dedicated spot in our upcoming class offerings and also allow access to add yourself to a waitlist for a class or cancel your upcoming reservation.

### Reserve Your Spot

- Step 1: View our schedule online at [crymca.org](http://crymca.org) or via the Daxko mobile app
- Step 2: Filter based on your preferences
- Step 3: Look for the reservation icon or 'Sign Up' by your desired class
- Step 4: Select the icon or 'Sign Up' link to reserve your spot
- Step 5: Log in or create an account to reserve your spot