



David L. Bodenhamer Center
 310 W 19th Ave
 Gulf Shores, Al. 36542
 251-968-4420

Water Aerobic Classes

Mon	7:30 AM	Arthritis Water Class	Thurs	7:30 AM	Arthritis Water Class	
	7:30 AM	Water Aerobics Class		5:30 PM	PM Water Class (Deep)	
	8:30 AM	Liquid Pilates		Fri	7:30 AM	Arthritis Water Class
	12:00 PM	Deep Water Class			7:30 AM	Water Aerobics Class
	5:30 PM	PM Water Class (Deep)			8:30 AM	Liquid Pilates
Tues	7:30 AM	Arthritis Water Class	12:00 PM	Deep Water Class		
	Wed	7:30 AM	Arthritis Water Class	<table border="1"> <tr> <td>\$5.00 per class</td> </tr> <tr> <td>\$30.00 per month</td> </tr> <tr> <td>Full & Pool Members "free"</td> </tr> </table>	\$5.00 per class	\$30.00 per month
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Full & Pool Members "free"						
7:30 AM		Water Aerobics Class				
8:30 AM	Liquid Pilates					
12:00 PM	Deep Water Class					
5:30 PM	PM Water Class (Shallow)					

There will be no water aerobic classes on the following holiday dates:

Thanksgiving Day	November 24, Thursday *
Friday after Thanksgiving	November 25, Friday
Christmas Eve	December 24, Saturday *
Christmas Day	December 25, Sunday *
New Year's Eve	December 31, Saturday *
New Year's Day	January 1, Sunday *

* Rec. Center Closed