

HEALTH AND WHOLENESS CENTER

316 W. HIGHLAND DR. BOERNE, TX 78006

WATER EXERCISE CLASS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CLASSES ARE HELD IN THE CENTER'S POOL

Water Aerobics	9:00 - 10:00 AM	•	•		•	•
Water Aerobics	10:30 - 11:30 AM	•	•		•	•
Water Aerobics	1:00 - 2:00 PM	•	•		•	•
Water Aerobics	6:30 - 7:30 PM	•		•	•	
Noodle Aerobics	2:30 - 3:30 PM	•	•		•	
Lap Swimming	10:00 - 10:30 AM	•	•		•	•
Lap Swimming	2:00 - 2:30 PM	•	•		•	

FEES: There is a one-time membership registration fee of \$50.

Water exercise participants incur a monthly fee of \$45 to help offset maintenance and utility costs. Adults under 50 may register for water exercise classes with a doctor's written prescription.

For More Information contact: Christy Hanich, Manager
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