



# 2020 Nasa Parkway Aquatic Group Class Schedule

Hours: Mon-Thur 6 am.- 8 pm.  
Fri 6 am.- 7 pm.  
Sat 7 am. - 12 pm.  
(281)523-3028

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 - 8:30 am		7:30 - 8:30 am		7:30 - 8:30 am		
Joints in Motion		Joints in Motion		Joints in Motion		
11:45 - 12:45 am	11:45 - 12:45 am	11:45 - 12:45 am	11:45 - 12:45 am	11:45 - 12:45 am		
Joints in Motion	Joints in Motion Light	Joints in Motion	Joints in Motion Light	Joints in Motion		

**Joints in Motion:** This class includes aerobic, strength, and flexibility components. A variety of equipment and the water's natural resistance are incorporated into the workout.

**Joints in Motion Light:** This class includes aerobic, strength, and flexibility components using a less intense format than the Joints in Motion class.

**Cost:** \$2.00/class for St. John Fitness Center members  
\$4.00/ class for non-members  
Punch cards are available from the instructors.

Not sure if this workout is right for you? Try 2 Complimentary classes.