

Friendship Haven Wellness Center

Call : 515.573.6270

Email : wellness@friendshipaven.org

January 2019

Monday

5:15AM AQUAEROBICS
8:30AM STRENGTH & BALANCE
9:00AM AQUAEROBICS
11:00AM AQUAEROBICS
12:15PM BARRE
3:00PM AQUARTHRTIS
4:00PM YOGA
4:15PM AQUAEROBICS
5:15PM AQUAEROBICS

Tuesday

5:45AM YOGA
8:00AM AQUAEROBICS
8:30AM STRENGTH & BALANCE
9:15AM YOGA
11:00AM AQUAEROBICS
12:15PM BARRE
2:00PM GENTLE YOGA
3:00PM AQUARTHRTIS
4:00PM YOGA
4:00-5:00PM Open Swim

Wednesday

5:15AM AQUAEROBICS
5:45AM BARRE
8:30AM STRENGTH & BALANCE
9:00AM AQUAEROBICS
11:00AM AQUAEROBICS
3:00PM AQUARTHRTIS
4:00PM YOGA
4:00-5:00PM Open Swim

Thursday

5:45AM YOGA
8:00AM AQUAEROBICS
8:30AM STRENGTH & BALANCE
9:15AM YOGA
11:00AM AQUAEROBICS
12:15PM BARRE
2:00PM GENTLE YOGA
3:00PM AQUARTHRTIS
4:00PM YOGA
4:15PM AQUAEROBICS
5:15PM AQUAEROBICS
5:30PM MENS YOGA

Friday

5:15AM AQUAEROBICS
8:30AM STRENGTH & BALANCE
9:00AM AQUAEROBICS
11:00AM AQUAEROBICS
12:15PM BARRE
1:00PM OPEN SWIM

Saturday

9:00AM Yoga

FRIENDSHIP HAVEN WELLNESS PRICES

\$5 Drop In Fee

\$35 Class Membership

\$60 Classes & Equipment Room