

Friendship Haven Wellness Center

55+ Community Classes

515-573-6270 | wellness@friendshipaven.org | Updated January 2024

Monday

6:15 Men's Aquaerobics
8:30 Resident Class
9:00 Aquaerobics
10:00 Line Dancing
11:00 Aquaerobics
12:00-2:00 Open Swim (Paying members)
3:00 Aquarthritis
4:30 Full Body Strength
4:00 - 5:00 Open Swim (Paying members)

Tuesday

5:00 Aquaerobics
8:00 Aquaerobics
9:15 Yoga
11:00 Aquaerobics
12:15 Barre
12:00-2:00 Open Swim (Paying members)
2:00 Gentle Yoga
3:00 Aquarthritis
4:15 Aquaerobics

Wednesday

6:15 Men's Aquaerobics
9:00 Aquaerobics
10:00 Line Dancing
11:00 Aquaerobics
12:00-2:00 Open Swim (Paying members)
3:00 Aquarthritis
4:30 Full Body Strength
4:00-5:00 Open Swim (Paying members)
5:15 Aquaerobics

Thursday

5:00 Aquaerobics

8:00 Aquaerobics
9:15 Yoga
11:00 Aquaerobics
12:00-2:00 Open Swim (Paying members)
12:15 Barre
2:00 Gentle Yoga
3:00 Aquarthritis
4:15 Aquaerobics

Friday

6:15 Men's Aquaerobics
9:00 Aquaerobics
10:00 Line Dancing
11:00 Aquaerobics
12:00 - 2:00 Open Swim (Paying members)
11:15 Yoga

Prices

\$7 Pay per class
\$50 Class ONLY membership
\$60 Class & equipment membership



ALL PAYMENTS AND CLASS REGISTRATIONS WILL BE THROUGH ZENPLANNER.