



El Paso Parks & Recreation Aquatics Division Water Aerobics Class Schedule

The water's unique properties allow the pool to provide an environment for people of all abilities. Buoyancy creates a reduced impact exercise alternative that is easy on the joints, while the water's resistance challenges the muscles. Water lends itself to a well-balanced workout that improves all major components of physical fitness -- aerobic training, muscular strength and endurance, flexibility and body composition. – Aquatics Exercise Association

Class Location and Times:

Marty Robbins	Mon – Thu	8:00am – 9:00am
Veterans	Mon – Thu	8:30am – 9:30am
Delta	Mon – Thu	5:30pm – 6:30pm
T & I	Mon – Thu	5:00pm – 6:00pm
T & I	Mon – Thu	6:00pm – 7:00pm
Veterans	Mon – Thu	6:00pm – 7:00pm
Hawkins	Mon – Thu	6:00am – 7:00am
Hawkins	Mon – Thu	6:00pm – 7:00pm
Memorial	Mon – Thu	9:30am – 10:30am

Aquatic Center Locations:

T & I Aquatic Center - 9031 Viscount
Delta Aquatic Center - 4451 Delta
Veterans Aquatic Center - 5301 Salem
Marty Robbins Aquatic Center - 11600 Vista Del Sol
Hawkins - 1500 Hawkins

Class Fee:

\$3.00/day, \$15.00/week, \$30.00/month
 * First class is free

