



## Paddle Board Class Schedule

All Classes held in the FMH Foundation Natatorium

<b>Monday</b>		<b>9:30am CardioWave</b>	<b>7:15pm HIIT the Wave</b>
<b>Tuesday</b>	<b>5:15am HIIT the Wave</b>	<b>9:30am CardioWave</b>	<b>6:45pm HIIT the Wave</b>
<b>Wednesday</b>	<b>5:15am HIIT the Wave</b>		
<b>Thursday</b>		<b>11:05-11:50am CardioWave</b>	<b>6:45pm HIIT the Wave</b>
<b>Friday</b>	<b>5:15am HIIT the Wave</b>		
<b>Saturday</b>		<b>10:15am HIIT the Wave</b>	

Your first class is FREE for adults 18 and over, with a signed waiver.

Current members of COM's Water Aerobics Program can attend at No additional charge and can reserve a board at any time by calling COM during normal business hours.

All others, please call COM at 432-684-7755 ext 101 and reserve a board two hours prior to class starting time; for early morning classes call the evening before.