


## Arrowhead Athletic Club Fitness Class Schedule

Hours of Operation: 6:00am – 7:30pm

**\*\*Classes free to members\*\***

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am – 10:30 am <b>Water Aerobics</b> Paula Beck		9:00 am – 10:00 am <b>Water Zumba</b> Rebecca Phillips		9:30 am – 10:30 am <b>Water Aerobics</b> Paula Beck
	10:30am – 11:30am Yoga Class Jackie Line	10:30am – 11:30am Yoga Class Jackie Line	10:30am – 11:30am Yoga Class Jackie Line	
	3:30 pm – 6 pm Racquetball League		3:30 pm – 6 pm Racquetball League	
5:30 pm – 6:30 pm <b>Water Aerobics</b> Becki Sparre		5:30 pm – 6:30 pm <b>Water Aerobics</b> Becki Sparre	5:30 pm – 6:30 pm <b>Water Aerobics</b> Becki Sparre	



**Natasha Payne**  
Swim Instructor  
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Fisher Golf Group dba  
Arrowhead Golf Club: **503.829.8080**  
Legend's Bar & Grill: **503.829.7427**  
28301 S. Hwy 213, Molalla, OR 97038

**Legend's**  
BAR & GRILL

[www.golfarrowhead.com](http://www.golfarrowhead.com)

### Class Descriptions -

**Water Aerobics/Zumba:** (pool closed to open swim during class time): Aerobic kickboxing and dancing routine focusing on upper and lower body moves using the water as a resistance-training tool.

**Racquetball League:** (Both racquetball courts will be closed for the league during this time): The racquetball league has been running for years and is typically played in doubles. Racquetball is a great game to get a solid cardio workout in and compete with some friends.

**Swim Instructions:** Natasha Payne has 20+ years of experience giving swimming lessons to children of all ages. If you would like to get lessons set up, reach out to her today.