

FULLERTON ADDITIONAL SERVICES & CLASS SCHEDULE



MONDAYS:

8:00-6:00- MASSAGE/STRETCHING

11:30-12:00- LEGS/BACK CLASS

5:00-6:00- BOOTCAMP

TUESDAYS:

9:00-7:00- MASSAGE/STRETCHING

11:30-12- BALANCE/STRENGTH LEVEL 1/LEVEL 2

12:00-1:00- AQUATIC CLASS- (This class is held at the Fullerton YMCA)

2:00-2:30- LEGS/BACK

WEDNESDAYS:

8:00-6:00- MASSAGE/STRETCHING

11:30-12:00- BALANCE/STRENGTH LEVEL 1/LEVEL 2

5:00-6:00- BOOTCAMP

THURSDAYS:

9:00-7:00- MASSAGE/STRETCHING

11:30-12:00- LEGS/BACK

12:00-1:00- AQUATIC CLASS (This class is held at the Fullerton YMCA)

2:00-2:30- CORE/POSTURE

FRIDAYS:

8:00-5:00- MASSAGE/STRETCHING

11:30-12:00- CORE/POSTURE

12:00-1:00- AQUATIC CLASS (This class is held at the Fullerton YMCA)

Please note that appointments are necessary for all classes. We have classes that fill up quickly, so please schedule with our administrative specialists to reserve your place.