



Rock River Rapids fitness classes are open to the public, registration is required.
 Classes in orange are FREE for DRC members during annual maintenance at the DRC pool.

ROCK RIVER RAPIDS

ID	Class	Dates	Days	Times	Fee	Instructor
22821	River Running	Jun 6 - Aug 3	MW	9:00A-10:00A	\$36	Angie B.
22812	River Running	Jun 6 - Aug 3	MW	10:00A-11:00A	\$36	Angie B.
22808	River Power and Pump	Jun 6 - Aug 3	MW	10:30A-11:30A	\$36	Cindy C.
22819	River Running	Jun 6 - Aug 3	MW	7:00P-7:45P	\$36	Angie B.
22810	RRR Aqua Zumba	Jun 6 - Aug 3	MW	7:00P-7:45P	\$36	Stephanie S.
22813	River Running	Jun 6 - Aug 3	MW	7:45P-8:30P	\$36	Angie B.
22815	River Running	Jun 7 - Aug 4	TTH	9:00A-10:00A	\$36	Angela O.
22816	River Running	Jun 7 - Aug 4	TTH	10:00A-11:00A	\$36	Marcia C.
22818	River Running	Jun 7 - Aug 4	TTH	7:00P-7:45P	\$36	Pattie E.
22817	River Running	Jun 7 - Aug 4	TTH	7:45P-8:30P	\$36	Pattie E.
22820	RRR Water Zumba Mix	Jun 11 - Aug 6	SA	10:00A-11:00A	\$18	Stephanie S.
22811	RRR Aerobic Waves	Jul 25 - Aug 4	M-TH	9:00A-10:00A	Free for DRC members or a \$5 drop-in	Staff
22809	RRR Aerobic Waves	Aug 1 - Aug 11	M-TH	10:00A-11:00A		Staff
22876	River Running	Aug 8 - Aug 11	M-TH	9:00A-10:00A		Staff
22877	River Running	Aug 8 - Aug 11	M-TH	10:00A-11:00A		Staff
22878	River Running	Aug 8 - Aug 11	M-TH	7:00P-8:00P		Staff