

City of Pleasanton
Community Services Department

Aqua Aerobics

fitness classes

Deep Water

A deep water workout to tone and strengthen muscles, and to improve cardiovascular fitness.

Days

Times

Mon/Wed/Fri

6:00 - 6:55 am

Mon/Wed/Fri

7:45 - 8:40 am

Mon/Tu/Wed/Th

6:00 - 6:55 pm

No class on holidays.



Daily drop-in fee: \$7.00 per class

Water Exercise 15 use Punch Pass:

\$93.00 Resident; \$103.00 Nonresident

Shallow Water

A shallow water workout to strengthen and tone muscles.

Days

Times

Mon/Wed/Fri

9:15 - 10:10 am

Participants may enter water up to 5 minutes prior to beginning of class.

For more information, please contact the Dolores Bengtson Aquatic Center at (925) 931-3420.

Dolores Bengtson Aquatic Center
4455 Black Ave.

Pleasanton, CA 94566

Visit us on the web at:
cityofpleasanton.com