



Welcome back to AquaFit!

A new year is here, and we want to thank everyone for their patience as we complete some important pool repairs, maintenance, and facility improvements to help us start the year strong.

Behind the scenes, we are also busy planning a full calendar of events, activities, and classes. We look forward to creating new opportunities for learning, wellness, creativity, and connection throughout the year.

As we move into the months ahead, we encourage you to think about the small ways you can support your community center. Whether it's sharing an idea, volunteering, telling a friend about AquaFit, or simply sharing your story of how you found us, every bit of support helps strengthen this special place.

Here's to a wonderful year filled with growth, friendship, and simple joys. Thank you for being part of our AquaFit community. ❤️

Here Are the Schedules!

Always check the pool desk for the most up-to-date class schedule



57121 Sunnyslope Dr., Yucca Valley
(760) 365-9661

POOL SCHEDULE

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
7 AM Advanced Aerobics Wanda Stadum	7 AM Advanced Aerobics Wanda Stadum	7 AM No Class	7 AM Advanced Aerobics Wanda Stadum	7 AM Advanced Aerobics Wanda Stadum
8 AM Intermediate Aerobics Cecilia Neale	8 AM Intermediate Aerobics Cecilia Neale	8 AM Intermediate Aerobics Cecilia Neale	8 AM Intermediate Aerobics Cecilia Neale	8 AM Intermediate Aerobics Sunny Evans
9 AM Yoga in the Water Sunny Evans	9 AM Active Warm Water Scott McKone	9 AM Yoga in the Water Sunny Evans	9 AM Active Warm Water Scott McKone	9 AM Yoga in the Water Sunny Evans
10 AM Rockin' & Rollin' Aerobics Kathryn Hilton	10 AM Intro to Aerobics Donna Tomlinson	10 AM Basic Warm Water Kathy Breslin	10 AM Intro to Aerobics Donna Tomlinson	10 AM Basic Warm Water Kathy Breslin
11 AM Active Warm Water Terry Medford	11 AM Walkie-Talkie Joyce Johnson	11 AM Basic Warm Water Kathy Breslin	11 AM Walkie-Talkie Joyce Johnson	11 AM Active Warm Water Terry Medford
12 AM Aerobics Tommy Dodson	12 PM No class	12 PM Aerobics Tommy Dodson	12 PM No class	12 PM Aerobics Tommy Dodson
	6-8 PM Active Adult Volleyball Anita/Michal Brock			

OUR HOURS ARE MON-FRI 7am to 1:30pm
WED 8am to 1:30pm

****Schedule is subject to change****



AQUAFIT ACTIVITIES CENTER CALENDAR January 2025 Have a great new year!!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOP - Not Open To Public	IN BLUE: OPEN TO EVERY- ONE PLEASE JOIN	All classes and activities are subject to change	Email: Activities@mbchg.org	If there's a class you'd like to teach, please contact Dottie Hennacy Activities@mbchg.org	57121 Sunnyslope Dr. Yucca Valley, CA 92284 (760) 365-9661	
<u>WELCOME</u>	<u>BACK</u>	<u>HAPPY TO</u>	<u>SEE YOU!!!</u>	<u>1</u> CLOSED	<u>2</u> CLOSED	<u>3</u>
<u>4</u>	<u>5</u> Yoga 9-10am	<u>6</u> Stretch & Tone 10-11	<u>7</u> Yoga 9-10am	<u>8</u> Stretch & Tone 10-11 1-4 Bunco	<u>9</u> Watercolor 9-11 Parkinson's Mtg. 11:30-12:30	<u>10</u>
<u>11</u>	<u>12</u> Yoga 9-10am	<u>13</u> Stretch & Tone 10-11	<u>14</u> Yoga 9-10am 1-3 :30 Sportettes	<u>15</u> Stretch & Tone 10-11 3:30 -5:30 Board Mtg. 6:00-8:00 Old Car Club	<u>16</u> Watercolor 9-11	<u>17</u>
<u>18</u>	<u>19</u> Yoga 9-10am	<u>20</u> Stretch & Tone 10-11	<u>21</u> Yoga 9-10am	<u>22</u> Stretch & Tone 10-11 3:00 PM CPR Class \$60.00 Each Tentative	<u>23</u> Watercolor 9-11	<u>24</u>
<u>25</u>	<u>26</u> Yoga 9-10am	<u>27</u> Stretch & Tone 10-11	<u>28</u> Yoga 9-10am	<u>29</u> Stretch & Tone 10-11	<u>30</u> Watercolor 9-11	<u>31</u>

We have a place for you!

We are always welcoming new volunteers! Join our fantastic team of pool and land instructors, front desk greeters, and computer whizzes. Have a special talent or unique hobby? We'd love to have you host a class!



We want to hear from you!

This newsletter is for YOU. Do you have announcement? A special thank you? A story about how the Center has impacted your life? We want to hear it! Email us at admin@mbchg.org (please put ATTN: Newsletter in the subject line).



AquaFit (formerly The Center for Healthy Generations)
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