

AQUATIC CENTER WATER EXERCISE CLASSES

Water Aerobics

Mon/Wed/Fri
Mon/Wed/Fri
Tue/Thu
Mon/Wed

8:00am-9:00am
1:00pm-2:00pm
6:00am-7:00am
6:00pm-6:55pm (OJCC)

Conroe Aquatic Center CAEP Pool
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Conroe Aquatic Center CAEP Pool
Oscar Johnson JR Community Center Pool

Water Walking

Tue/Thu

8:00am-8:55am

Conroe Aquatic Center CAEP Pool

Deep Water Jogging

Tue/Thu
Tue/Thu

7:00am-7:55am
6:00pm-6:55pm (OJCC)

Conroe Aquatic Center CAEP Pool
Oscar Johnson JR Community Center Pool

Aquatic Rhythms

Tue/Thu
Sat

1:00pm-1:55pm
1st and 3rd 9:00am-9:55am
No class on June 1st

Conroe Aquatic Center CAEP Pool
Conroe Aquatic Center CAEP Pool

Boot Camp

Sat

9:00am-9:55am
No class 1st and 3rd of each Saturday

Conroe Aquatic Center CAEP Pool

CONROE AQUATIC CENTER
CONROE AQUATIC CENTER – CAEP POOL – 1205 CANDY CANE LANE
OSCAR JOHNSON JR COMMUNITY CENTER POOL – 100 PARK PLACE
(936) 522-3930 CITYOFCONROE.ORG/PARKS

