Water Exercise Hours

Aquatic Rhythms:
Tue, Thu 1:00 – 1:55 pm

Deep Water Jogging:
Tue, Thu 7:00 – 7:55 am
Tue, Thu 6:30 – 7:25 pm

Water Aerobics:
Tue, Thu 6:00 – 6:55 am
Mon, Wed, Fri 8:00 – 8:55 am
Mon, Wed, Fri 1:00 – 1:55 pm
Mon, Wed 6:30 – 7:25 pm

Water Walking:
Tue, Thu 8:00 – 8:55 am

Boot Camp H2O:
Sat 9:00 – 9:55 am

Conroe Aquatic Center
1205 Candy Cane Lane
Conroe, TX 77301
(936) 522-3930
http://www.cityofconroe.org/departments/parks-recreation