



City of Baldwin Park



Department of Recreation and Community Services



MT. SAN ANTONIO COLLEGE

CLASS SCHEDULE FALL 2025
CALENDARIO DE CLASES DE OTOÑO 2025
01/05/26-02/13/26



<i>Class Name</i>	<i>Class Day</i>	<i>Time</i>	<i>Location</i>
HEALTHY AGING-PRINCIPLES OF AQUATIC RESISTANCE- <u>LAP SWIM</u>	Monday-Friday	8:00am-9:25am	CC-Aquatic Center
WATERCOLOR PAINTING	Monday	9:00am-11:50am	SC- Adobe Room
HEALTHY AGING-PRINCIPLES OF AQUATIC RESISTANCE- <u>AEROBICS</u>	Monday-Friday	9:30am-10:50am	CC-Aquatic Center
PRINCIPLES OF PROGRESSIVE RESISTANCE- <u>WEIGHT TRAINING</u>	Monday-Friday	11:00am-12:05pm	CC-Weight Room
PRINCIPLES OF POSTURE & FLEXIBILITY	Monday	1:00pm-2:05pm	SC-Adobe Room
HEALTHY AGING-PRINCIPLES OF AQUATIC RESISTANCE- <u>AEROBICS</u>	Monday-Thursday	7:15pm-8:05pm	CC-Aquatic Center
DRAWING	Wednesday	9:00am-11:50am	SC- Adobe Room
HEALTHY AGING (ZUMBA)	Thursday	8:00am-8:50am	CC-Gym
SEWING AND DESIGN	Thursday	1:00pm-3:50pm	SC- Adobe Room
FALL PREVENTION, BALANCE & MOBILITY	Friday	8:00am-9:05am	SC-Adobe Room

