

Aqua Fitness

Sunday

10 - 11 a.m.

Deep Water

Pat H./Beth

Monday

9:30 - 10:30 a.m.

Club 60

Pat Gregg

10:30 - 11:30 a.m.

Deep Water

Beth

7:05 - 8:05 p.m.

Water Pilates

Melanie

Tuesday

10:30 - 11:30 a.m.

Deep Water

Pat Hirsch

7:05 - 8:05 p.m.

Deep Water

Melanie

Wednesday

9:30 - 10:30 a.m.

Club 60

Pat Gregg

10:30 - 11:15 a.m.

Water Toning*

Beth

7:05 - 7:50 p.m.

Advanced Conditioning*

Johnny



**CLASSES AND INSTRUCTORS ARE
SUBJECT TO CHANGE**

*Class begins March 5th through April 30th

Thursday

10:30 - 11:30 a.m.

Deep Water

Pat Hirsch

7:05 - 8:05 p.m.

Deep Water

Marta

Friday

9:30 - 10:30 a.m.

WATER In MOTION™ Beth

10:30 - 11:30 a.m.

Deep Water Beth

10:30 - 11:30 a.m.

Club 60 Pat Gregg

4 - 4:45 p.m.

Water Pilates Melanie

4:45 - 5:30 p.m.

Aqua Fitness

Melanie

Saturday

10:30 - 11:30 a.m.

WATER In MOTION™ Beth

**Ages
11 & Up**

**For More Information call
Johnny at 238-2742**



Revised 2/2114

Aqua Fitness Class Description

Advanced Swim Training*: This class challenges swimmers to get into their best condition by training with the best of the best. This a rigorous training circuit designed to amp up a workout.

Aqua Fitness: This is a one hour class held in the shallow end. It is a wonderful cardio experience which also includes strengthening, endurance and range of motion exercises and stretching at the end of class.

Club 60: This is a low impact water class designed for senior adults. Aqua chi as well as aqua yoga is incorporated into the class while concentrating on stretching, balance, and breathing. This is a great class for seniors who need arthritis exercises and enjoy being in the water!

Deep Water: Workout includes strength, endurance, range of motion and cardio exercises and stretching at the end of class. May also incorporate the use of flotation devices. A great workout for people who have joint problems.

Splish-Splash: This class is designed to be family time in the pool that is structured with sing-a-longs, games, and interaction. It is not designed to be swim lessons but will focus on safety topics as well. Open to parents with their children.

WATER In MOTION™: This is a low impact, high intensity total body workout that incorporates cardio, upper and lower body exercises, as well as core and flexibility work all set to fun music.

Water Pilates: This class appeals to a wide spectrum of ages and fitness levels. It include warmups, shallow water exercises, isometric wall exercises, suspended noodle exercises and stretches at the end of each class.

Water Toning*: This class will utilize equipment and the resistance of the water to train and strengthen your muscles.