

AQUA FITNESS

	TIME	CLASS	INSTRUCTOR
MON	9:30-10:30 a.m.	Club 60	Pat G.
	10:30-11:30 a.m.	Deep Water	Laura
	TIME	CLASS	INSTRUCTOR
TUE	10:30-11:30 a.m.	Deep Water	Laura
	7:00-8:00 p.m.	Deep Water	Jeannie
	TIME	CLASS	INSTRUCTOR
WED	9:30-10:30 a.m.	Club 60	Jeannie
	10:30-11:30 a.m.	Deep Water	Jeannie
	TIME	CLASS	INSTRUCTOR
THU	7:00-8:00 p.m.	Water Blast	Susan
	TIME	CLASS	INSTRUCTOR
FRI	9:30-10:30 a.m.	Club 60	Pat G.
	9:30-10:30 a.m.	Deep Intervals	Jeannie
	TIME	CLASS	INSTRUCTOR
SAT	10:30-11:30 a.m.	Water Blast	Jennifer
	TIME	CLASS	INSTRUCTOR
SUN	10:00-11:00 a.m.	Deep Water	Pat

CLUB 60: This low-impact class is 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 all who need arthritis exercises and enjoy the water.

DEEP INTERVALS: Through the use of flotation devices, this workout uses intervals of work and rest to increase cardiovascular fitness and muscular strength. A challenging and calorie-burning workout for both new and seasoned exercisers.

DEEP WATER: Flotation devices are utilized for this no-impact workout. A great place for exercisers with joint issues, participants work in a suspended environment. The workout includes cardio-conditioning along with strength and stretching.

WATER BLAST: This is a high-energy, shallow water, aqua fitness class to blast the calories and crank up the metabolism.