

WATER EXERCISE CLASSES AT A GLANCE. SEE BELOW FOR CLASS DESCRIPTIONS.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hydrocize	6:30 pm	9:00 am 7:00 pm	6:30 pm	9:00 am 7:00 pm		8:00 am	
Deep Water	9:30 am	6:00 pm	9:30 am	6:00 pm	9:30 am	9:00 am	
Boot Camp	5:30 pm		5:30 pm			10:00 am	
Aqua Step	7:30 pm		7:30 pm				10:00 am
Aqua Fit Combo	8:30 am		8:30 am		8:30 am		9:00 am
Aqua Fit Combo GOLD (55+)	10:30 am		10:30 am		10:30 am		
*Arthritis (AFYAP)		11:00 am-11:45 am 5:00 pm-5:45 pm		11:00 am-11:45 am 5:00 pm-5:45 pm			
*Adaptive Water Ex.		10:00 am		10:00 am			
*Aqua Therapy		7:45 am-8:30 am		7:45 am-8:30 am			

All water exercise classes are one hour in length unless otherwise noted. Staircase and hydraulic chair lift are available.

*SPECIALTY CLASSES NOT INCLUDED IN PUNCH CARD – Registration required.

Water Exercise Punch Card

Fee: \$35 Members \$95 Program Members

25

Come as often as you want; this card can be used for all classes above, unless marked with an asterisk(*). Classes are designed for anyone focusing on seniors, athletic cross-training, weight loss management, pre/post-natal women, aqua therapy. Use the weightlessness of the water for cardiovascular, strength, and flexibility training. No swimming skills are necessary. All participants must purchase a 25-Class Punch Card and check in at the Welcome Center before each class. The punch card expires 3 months from date of purchase.

25 Hydrocize Beginner to Intermediate

This class provides a mix of strength training exercises, cardio conditioning, and flexibility. It includes rebound, non-rebound, and suspended movements using resistance equipment and flotation devices.

25 Deep Water Intermediate

A class for those who are comfortable in 6 feet of water, Deep Water uses flotation belts and/or dumbbells. This class is great for mobility problems and improves body composition. There is no joint impact in this class.



Arthritis (AFYAP)

AFYAP is a recreational program with gentle movements that help relieve the pain and stiffness of arthritis. This class follows the structured guidelines of the Arthritis Foundation to improve flexibility and joint range of motion, is led by an Arthritis Foundation Certified Leader in a group setting, and is offered either Tuesday/Thursday mornings or Tuesday/Thursday evenings.

Fee for 2 classes per week:

Winter 1 & 2

\$56 Members \$112 Program Members

25 Boot Camp Advanced

It is time to officially take your workout to the next level. This class offers a combination of drills, skills, and plyometrics to improve strength and endurance.

Adaptive Water Exercise

Ages: 16 and up
All fitness levels are welcome
Taught by a P.T.A.

This water recreational class provides an opportunity for persons with physical disabilities to participate in a no impact class emphasizing flexibility and movements at the participant's pace. This class is held twice a week on Tuesday/Thursday mornings in a group setting.

Fee for 2 classes per week:

Winter 1 & 2

\$56 Members \$112 Program Members

Aqua Therapy

Ages: 16 and up
All fitness levels are welcome

This therapeutic water fitness class is designed to meet the needs of those recovering from injury or surgery, as well as managing pain from back, limb, or arthritic conditions. This class is held twice a week on Tuesday/Thursday mornings in a group setting.

Fee for 2 classes per week:

Winter 1 & 2

\$42 Members \$84 Program Members

25 Aqua Step Intermediate to Advanced

Another workout has been adapted from the land to the water for fun and safety. Great for cardiovascular endurance, Aqua Step builds muscle and coordination. Please bring water shoes to this class.

25 Aqua Fit Combo All fitness levels are welcome

This class is designed to incorporate all fitness techniques we offer during the week, including rebound, non-rebound, suspended moves, resistance equipment, flotation devices, and more! The instructor will also mix shallow and deep water exercises.

25 Aqua Fit Combo Gold All fitness levels are welcome

Designed for ages 55+, this class will incorporate all fitness techniques including rebound, non-rebound, suspended moves, resistance equipment, flotation devices, and more! The instructor will also mix shallow and deep water exercises.