

Closed May 26 ~ June 10 for Annual Maintenance

MON	TUE	WED	THUR	FRI	SAT
Aquacise 9-9:45 am Maureen		Aquacise 9-9:45 am Maureen		Aquacise 9-9:45 am Maureen	Aqua Fit 9:15-10:00 am Cheryl
Aqua Tone 9-9:45 am Barbara	Aqua Tone 9:15-10:00 am Cheryl	Aqua Tone 9-9:45 am Danielle	Aqua Tone 9:15-10:00 am Cheryl	Aqua Tone 9-9:45 am Barbara	Deep H2O Combo 10:00-10:45 am Cheryl
Aqua Fit 10-10:45 am Barbara	Aqua Fit 10:15-11:00 am Cheryl	Aqua Fit 10-10:45 am Danielle	Aqua Fit 10:15-11:00 am Cheryl	Aqua Fit 10-10:45am Barbara	<p>Participants are encouraged to check with their physician before starting any water fitness class. Students with physical limitations should consult the instructor prior to class. Work at your own pace. Please note some classes are held in 6 feet of water. Swimming not required for shallow water classes.</p>
	Aquacise 2:00-2:45 pm Barbara		Aquacise 2:00-2:45 pm Maureen		
	Aqua Fit 4:30-5:15 pm Donna		Aqua Fit 4:30-5:15 pm Donna		
Aqua Fit 6:15-7 pm Cheryl	Aqua Fit 6:00-6:45 pm Donna	Aqua Fit 6:15-7 pm Cheryl	Aqua Fit 6:00-6:45 pm Donna		

Aquacise ☺ Water exercise program conducted in warm water to improve flexibility, mobility, range of motion, and boost stamina. (85 degrees) **Class maximum is first 25 students.**

Aqua Tone ☺ Low intensity class designed to use water resistance to increase endurance, flexibility, and tone muscles. This class is beneficial for beginners and those returning to exercise after a long period of inactivity.

Aqua Fit ☺☺ Medium to high intensity shallow water exercises using water and equipment for resistance to increase cardiovascular endurance and tone muscles.

Deep H2O/Combo ☺☺☺ Take this challenging deep water and toning class. Advanced moves to increase endurance and build muscle. Swimming skills required (class will be held in 6 feet of water).

Water Combo ☺☺☺ A fusion of all of your favorite water fitness moves. This is a serious workout in shallow and deep water to challenge your fitness level, build muscle strength, endurance and burn fat. Swimming skills required (class will be held in 6 feet of water).

Require a minimum of 5 students to conduct a class.
Check in for class is 15 minutes prior to the start of class.

Check the fitness level!
Low = ☺ Medium = ☺☺ High = ☺☺☺

COST FOR ABOVE CLASSES

Drop In per class:

\$7.00 Adult \$5.00 Senior

15-Visit Punch Card:(1 punch per class)

\$70.00 Adult \$50.00 Senior

Unlimited Pass:

\$55.00 Adult \$40.00 Senior

Pre-Pay and Aqua Zumba not included
You must register for those programs