



(410) 222- 0090 ext. 4

Nov. 2009 - North Arundel Aquatic Center WATER FITNESS SCHEDULE

MON	TUE	WED	THUR	FRI	SAT
Aquacise 9-9:45 am Maureen		Aquacise 9-9:45 am Maureen	Aquacise 9:15-10 am Maureen/Lisa		Aqua Fit 9-9:45 am Breanna
Aqua Tone 9-9:45 am Cheryl	Aqua Tone 9:15- 10am Cheryl	Aqua Tone 9-9:45 am Cheryl	Aqua Tone 9:15- 10am Cheryl		Water Combo 9:45-10:30 am Breanna
Aqua Fit 10-10:45 am Cheryl	Aqua Fit 10:15 –11 am Cheryl	Aqua Fit 10-10:45 am Cheryl	Aqua Fit 10:15 –11 am Cheryl	<p>Participants are encouraged to check with their physician before starting any water fitness class. Students with physical limitations should discuss with their instructor appropriate adaptations to the program taught. Students should always work at their own pace. No swimming required for shallow water classes.</p>	
	Aquacise 2:00-2:45 Maureen/Cheryl		Aquacise 2:00-2:45 Maureen/Cheryl		
*Aqua Fit 4:00-4:45 pm Jodi		*Aqua Fit 4:00-4:45 pm Jodi			
Aqua Fit 6-6:45 pm Nick	Aqua Fit 6-6:45 pm Nick	Aqua Tone 6-6:45 pm Lisa	Aqua Fit 6-6:45pm Nick	<p>* Class will be held in leisure pool when High School Swimming starts. (Nov. 16)</p>	
Water Combo 7-7:45 pm Nick	Deep H2O Combo 7-7:45 pm Nick		Deep H2O Combo 7-7:45 pm Nick		

Nov. Unlimited Online Registration Numbers: Adult 1311102 Senior/Military 1321102

Aquacise ☺ Water exercise program conducted in warm water to improve flexibility, mobility, range of motion, and boost stamina. (86 degrees) **Class maximum is first 18 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/Tone ☺☺☺ Take this challenging deep water and toning class. Advanced moves to increase endurance and build muscle. Swimming skills required (a portion of 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 to challenge your fitness level, build muscle strength, endurance and burn fat.

**Require a minimum of 5 students to conduct a class.
Check in for class is 15 minutes prior to the start of class.
Swimming after class is not permitted.**

See the symbol to check your fitness needs

Low/Moderate=☺

Medium =☺☺

High= ☺☺☺

COST

Drop In per class:

\$7.00 Adult \$5.00 Senior

Monthly Unlimited:

\$55.00 Adult \$40.00 Senior

15-Visit Card:

(1 punch per class)

\$70.00 Adult \$50.00 Senior

