

NEW



NORTH ARUNDEL AQUATIC CENTER PRE-PAY WATER FITNESS CLASSES

Land and Sea Boot Camp Join this high-intensity land and water exercise class that combines cardiovascular, strength, abdominal, yoga and aerobic training. Every class will be challenging and different with a portion on land and in the water. Must be able to swim 100 yards in the pool (4 lengths). Running shoes required for dry land exercises and water fitness shoes recommended for water fitness.

Monday/Wednesday 6:15-7:15 a.m. Cost: \$75.00 6wks
April 16-May 23 (6 wks) Registration Number 1320413
June 13-July 25 (6 wks) Registration Number 1320610 (No Class 7/4)
Aug. 6-Sept. 17 (6 wks) Registration Number 1320810 (No Class 9/3)

Deep H2O Cardio Blast A low-impact, high intensity program emphasizing cardiovascular strength and endurance, flexibility, ROM, and stability. Participants are encouraged to wear attachable floatation devices/belts (provided) while in deep water. Swimming skills not required. This program will be of particular benefit to active exercisers who are looking for a challenging workout.

Mon/Wed/Fri 11:00-11:50 a.m. Cost: \$112.50 6wks
April 16-May 25 (6 wks) Registration Number 1320423
June 13-July 25 (6 wks) Registration Number 1320620 (No Class 7/4)
Aug. 6-Sept. 17 (6 wks) Registration Number 1320820 (No Class 9/3)

Tue/Thur 7:00-7:50 p.m. Cost: \$62.50 5wks/75.00 6wks
March 6-April 5 (5 wks) Registration Number 1320333
April 17-May 24 (6 wks) Registration Number 1320433
June 12-July 24 (6 wks) Registration Number 1320630 (No Class 7/3)
Aug. 7-Sept 13 (6 wks) Registration Number 1320830

Aqua CAREumba, Choreographed by Cheryl Care. Combination of approved aqua dance moves, sports conditioning, and resistance training with aqua barbells and floatation devices. Tunes are country, group dance and specific motivational sports music. Exercise, have fun, and socialize.

Mon/Wed 7:00-7:50 p.m. Cost: \$62.50 5wks/75.00 6wks
March 5-April 4 (5wks) Registration Number 1320343
April 16-May 23 (6 wks) Registration Number 1320443
June 13-July 25 (6 wks) Registration Number 1320640 (No Class 7/4)
Aug. 6-Sept 17 (6wks) Registration Number 1320840 (No Class 9/3)

Teen Extreme Aqua Blast (Ages 11-17) Cost: 5wk Sessions \$31.25

Build your muscles and increase your endurance with this heart-pumping cardiovascular workout to cool music in the pool. No swimming required.

Thursdays 5:15-6:00 p.m. April 19-May 17 1320453
Mondays 10:00-10:45 a.m. June 18- July 16 1320650 July 30-Aug. 27 1320750

Minimum registration number is 5 students. Drop-in or Monthly Unlimited Water Fitness Cards are not eligible for pre-pay classes.

Register online at www.aacounty.org/recparks