



North Arundel Aquatic Center Water Fitness - Weekly Schedule



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	
	Yoga *8:15 am-9:00 am Susan				Yoga 8:00 am-8:45 am Georgie				Yoga 8:00 am-8:45 am Georgie			Aqua Fit (3) 8:15 am-9:00 am Jeannette	
Aqua Fit (3) 9:00 am-9:45 am Debbie	*Class will only run on select Sundays. Please check the registrations weekly for availability.	Aqua Fit (3) 9:00 am-9:45 am Debbie	Aqua Tone (2) 9:00 am-9:45 am Enid	Aqua Fit (3) 9:00 am-9:45 am Terry	Yoga 9:00 am-9:45 am Georgie	Aqua Fit (3) 9:00 am-9:45 am Donna	Aqua Tone (2) 9:00 am-9:45 am Felicia	Aqua Fit (3) 9:00 am-9:45 am Terry	Yoga 9:00 am-9:45 am Georgie	Aqua Fit (3) 9:00 am-9:45 am Debbie	Aqua Tone (2) 9:00 am-9:45 am Sheila	Aqua Blast (4) 9:15 am-10:00 am Bobbi	
Aqua Blast (4) 10:00 am-10:45 am Debbie		Aqua Blast (4) 10:00 am-10:45 am Debbie	Aqua Tone (2) 10:00 am-10:45 am Enid		Aqua Fit (3) 10:00 am-10:45 am Terry		Aqua Blast (4) 10:00 am-10:45 am Donna	Aqua Tone (2) 10:00 am-10:45 am Shelley	Aqua Fit (3) 10:00 am-10:45 am Terry		Aqua Blast (4) 10:00 am-10:45 am Debbie	Aqua Tone (2) 10:00 am-10:45 am Enid	
			Aqua Blast (4) 6:00 pm-6:45 pm Walida		Aqua Fit (3) 6:00 pm-6:45 pm Bobbi				Aqua Fit (3) 6:00 pm-6:45 pm Ann				
				Aqua Blast (4) 7:00 pm-7:45 pm Debbie				Aqua Blast (4) 7:00 pm-7:45 pm Debbie					

Reservation Required: Reservations open up on the Wednesday before the following week of classes at 8:00am. You can call (410-222-0090 x4) or go on our website to make your reservations. Failure to cancel reservations before class starts may result in forfeit of future reservations.
<https://www.aacounty.org/departments/recreation-parks/aquatics/naac/>

Class Fee Options (thru May '24)	Per Class Drop in Fee	15 Visit Punch Card (15 Classes Total)	(Calendar) Monthly Unlimited
Adults:	\$9	\$85	\$60
Seniors:	\$6	\$60	\$45

Class Descriptions:

Aqua Yoga (Level 1) in Leisure Pool (85°): Low-impact beginner in-water yoga with rhythmic breathing to increase static balance, strength, and increase flexibility

Aqua Tone (Level 2) in Leisure Pool (85°): Low to medium 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 (Level 3) in Lap Pool (82°): Medium to high intensity shallow water exercises using water and equipment for resistance to increase cardiovascular endurance and tone muscles.

Aqua Blast (Level 4) in Lap Pool (82°): A fun challenging, medium to high-intensity water workout. This class includes explosive cardiovascular conditioning, upper and lower body toning with use of equipment finishing with a cool down.

Water Volleyball in Leisure Pool (85°): A fun game of water volleyball held after the Friday 11 am class in the leisure pool; permitting availability and patron participation.