



2019 Fall Water Fitness

North Arundel Aquatic Center

MON	TUES	WED	THURS	FRI	SAT
	Aqua Yoga 8:00-8:45 am Georgie		Aqua Yoga 8:00-8:45 am Georgie	Aqua Yoga 8:00-8:45 am Barb	
Aquacise 9:00-9:45 am Maureen	Aquacise 9:00-9:45 am Barb	Aquacise 9:00-9:45 am Maureen	Aquacise 9:00-9:45 am Barb	Aquacise 9:00-9:45 am Maureen	Aqua Fit 9:00-9:45 am Bobbie
Aqua Tone 9:00-9:45 am Donna	Aqua Tone 9:00-9:45 am Donna	Aqua Fit 9:00-9:45 am Donna	Aqua Tone 9:00-9:45 am Shelia	Aqua Tone 9:00-9:45 am Shelia	Aqua Blast 10:00-10:45am Debbie
Aqua Fit 10:00-10:45 am Donna	Aqua Fit 10:00-10:45 am Donna	Aqua Fit 10:00-10:45 am Do nna	Aqua Fit 10:00-10:45 am Shelia	Aqua Fit 10:00-10:45 am Sheila	
	Aquacise 2:00-2:45pm Barb		Aquacise 2:00-2:45pm Debbie	Participants are encouraged to check with their physician before starting any water fitness classes. Students with physical limitations should consult the instructor prior to class. Work at your own pace. Swimming is not required for shallow water classes	
Aqua Blast 6:00-6:45 pm Desi	Aqua Fit 6:00-6:45 pm Debbie	Aqua Blast 5:30-6:15 pm Varies	Aqua Fit 6:00-6:45 pm Debbie		

Water Fitness Class Fees

Drop In per class:

\$8.00 Adult \$5.00 Senior

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

\$80.00 Adult \$55.00 Senior

*Monthly Unlimited Pass:

\$60.00 Adult \$45.00 Senior

** This pass is only for classes, not for general swim.*

Important Information: Participants can come in 30 minutes before class. Participants who wish to come in earlier must pay the general admission fee or punch card twice. There is a required minimum of 5 students to conduct a class.

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

Aqua Yoga 😊 Low-impact beginner in-water yoga with rhythmic breathing to increase static balance, strength, and increase flexibility. (85 degrees)

Aquacise 😊 Water exercise program conducted in warm water to improve flexibility, mobility, range of motion, and boost stamina. (85 degrees)

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

Aqua Blast 😊😊 to 😊😊😊 Try this challenging and fun medium to high-intensity water workout. This class includes explosive cardiovascular conditioning, upper and lower body toning along with some soothing stretches. Similar to our traditional water fitness classes, but ramped up a bit.