

Arundel Olympic Swim Center

Water & Land Fitness Classes - Weekly Schedule

High-Intensity Aquatic Fitness is not a drop in class. Check program guide for dates and pricing.						
Class highlighted with Green are entirely on land. With a drop in rate.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Water Fitness 7:15 am- 8:00am	Water Fitness 7:15 am- 8:00am	Water Fitness 7:15 am- 8:00am	Water Fitness 7:15 am- 8:00am	Water Fitness 7:15 am- 8:00 am	
	Water Fitness 9:00 am- 9:45 am	Water Fitness 9:00 am- 9:45 am	Water Fitness 9:00 am- 9:45 am	Water Fitness 9:00 am- 9:45 am		
	Water Fitness 10:00 am- 10:45 am	Water Fitness 10:00 am- 10:45 am	Water Fitness 10:00 am- 10:45 am	Water Fitness 10:00 am- 10:45 am		
	Water Fitness 6:00 pm- 6:45 pm	High-Intensity Aquatic Fitness 6:15 pm- 7:00 pm	Water Fitness 6:00 pm- 6:45 pm	High-Intensity Aquatic Fitness 6:15 pm- 7:00 pm		
				Yoga 7:00 pm- 7:45 pm		

Check out the fitness intensity levels!

Water Fitness: Low- Medium intensity exercise program to improve flexibility, mobility, range of motion, and boost stamina. **\$10.00 Adult \$7.00 Senior Drop In** (Punch passes frequent user, annual passes maybe used)

High-Intensity Aquatic Fitness: Get your heart rate up, with some high energy, low impact movements. Some formats being taught may include Aqua Zumba, Interval Training, and more. You're guaranteed to leave feeling strong and fit! (Please note that this class may be taught by a variety of instructors, with their own talents and style.) program guide for dates and pricing.

Yoga: An all levels class, this yoga flow will get you to grow in strength and flexibility while developing a stronger mind-body connection. (Please bring your own mat) **\$9.00 Drop In**