

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.

Classes highlighted with Yellow are partially or entirely on land. With a drop in rate.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Water Fitness 7:15 am- 8:00am	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 7:15 am- 8:00 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	30/30 9:00 am- 10:00 am	
	Water Fitness 10:00 am- 10:45 am	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		
	Water Fitness 6:00 pm- 6:45 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.

30/30: This unique class will begin with 30 minutes of Chair One Fitness in the classroom. Chair One is a seated, low-impact fitness program that delivers a fun, uplifting, interactive, total body workout, appropriate for everyone. Be sure to wear your swimsuit under your exercise clothes because we will then move to the pool for 30 minutes of low-impact, shallow-water aquatic fitness which will improve joint stability, coordination, heart health, balance, and strength. **\$10 Drop In**

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**