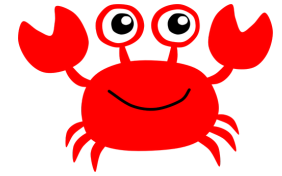




# North Arundel Aquatic Center Water Fitness - Weekly Schedule



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap
	<b>Yoga</b> *8:15 am-9:00 am <b>Susan</b>				<b>Yoga</b> 8:00 am-8:45 am <b>Georgie</b>				<b>Yoga</b> 8:00 am-8:45 am <b>Georgie</b>			<b>Aqua Fit (3)</b> 8:15 am-9:00 am <b>Jeannette</b>
<b>Aqua Fit (3)</b> 9:00 am-9:45 am <b>Debbie</b>	*Class will only run on select Sundays. Please check the registrations weekly for availability.	<b>Aqua Fit (3)</b> 9:00 am-9:45 am <b>Debbie</b>	<b>Aqua Tone (2)</b> 9:00 am-9:45 am <b>Enid</b>	<b>Aqua Fit (3)</b> 9:00 am-9:45 am <b>Terry</b>	<b>Yoga</b> 9:00 am-9:45 am <b>Georgie</b>	<b>Aqua Fit (3)</b> 9:00 am-9:45 am <b>TBD</b>	<b>Aqua Tone (2)</b> 9:00 am-9:45 am <b>Enid</b>	<b>Aqua Fit (3)</b> 9:00 am-9:45 am <b>Terry</b>	<b>Yoga</b> 9:00 am-9:45 am <b>Georgie</b>	<b>Aqua Fit (3)</b> 9:00 am-9:45 am <b>Debbie</b>	<b>Aqua Tone (2)</b> 9:00 am-9:45 am <b>Sheila</b>	<b>Aqua Blast (4)</b> 9:15 am-10:00 am <b>Bobbi</b>
<b>Aqua Blast (4)</b> 10:00 am-10:45 am <b>Debbie</b>		<b>Aqua Blast (4)</b> 10:00 am-10:45 am <b>Debbie</b>	<b>Aqua Tone (2)</b> 10:00 am-10:45 am <b>Enid</b>	<b>Aqua Fit (3)</b> 10:00 am-10:45 am <b>Terry</b>		<b>Aqua Blast (4)</b> 10:00 am-10:45 am <b>TBD</b>	<b>Aqua Tone (2)</b> 10:00 am-10:45 am <b>Shelley</b>	<b>Aqua Fit (3)</b> 10:00 am-10:45 am <b>Terry</b>		<b>Aqua Blast (4)</b> 10:00 am-10:45 am <b>Debbie</b>	<b>Aqua Tone (2)</b> 10:00 am-10:45 am <b>Enid</b>	
		<b>Aqua Blast (4)</b> 6:00 pm-6:45 pm <b>Walida</b>		<b>Aqua Fit (3)</b> 6:00 pm-6:45 pm <b>Bobbi</b>				<b>Aqua Fit (3)</b> 6:00 pm-6:45 pm <b>Ann/Jeannette (Alternating)</b>		<div style="border: 1px dashed red; padding: 5px; text-align: center;">           Our prices increased on June 15th. The increased prices are reflected in <b>red</b> below.         </div>		
				<b>Aqua Blast (4)</b> 7:00 pm-7:45 pm <b>Debbie</b>			<b>Aqua Blast (4)</b> 7:00 pm-7:45 pm <b>Debbie</b>					

**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	Per Class Drop in Fee	15 Visit Punch Card (15 Classes Total)	(Calendar) Monthly Unlimited
Adults:	\$10	\$92	\$65
Seniors:	\$7	\$65	\$49

### 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.