



North Arundel Aquatic Center Water Fitness - Weekly Schedule



Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Lap	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap	Leisure	Lap
Aqua Fit (3) 8:15 am-9:00 am Debbie				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 Blast (4) 9:15 am-10:00 am Debbie	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 Karen	Aqua Tone (2) 9:00 am-9:45 am Felica	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 Bina	Aqua Blast (4) 9:15 am-10:00 am Bobbi
	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 Karen	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) 6:30 pm-7:15 pm Walida		Aqua Fit (3) 6:00 pm-6:45 pm Bobbi				Aqua Fit (3) 6:00 pm-6:45 pm Anne		<i>Starting 6/19 (summer only): These classes will be moved back 1 hour. Aqua Fit 8:00 - 8:45 am Aqua Blast 9:00 - 9:45 am</i>		
			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.	Class Fee Options	Per Class Drop in Fee	15 Visit Punch Card (15 Classes Total)	(Calendar) Monthly Unlimited
	Failure to cancel reservations before class starts may result in forfeit of future reservations.				
	https://www.aacounty.org/departments/recreation-parks/aquatics/naac/				
		Adults:	\$10	\$97	\$68
		Seniors:	\$7	\$68	\$52

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.