

# 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
Beginning June 22: Sunday classes will start earlier (8:15am & 9:15am)				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 Fit (3) 9:00 am- 9:45 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 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) 6:00 pm- 6:45 pm Walida		Aqua Fit (3) 6:00 pm- 6:45 pm Bobbi				Aqua Fit (3) 6:00 pm- 6:45 pm Ann/Jeanette (Alternating)		Some prices will increase June 15th. The increased prices are reflected in <b>red</b> below.		
			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. Failure to cancel reservations before class starts may result in forfeit of future reservations. <a href="https://www.aacounty.org/departments/recreation-parks/aquatics/naac/">https://www.aacounty.org/departments/recreation-parks/aquatics/naac/</a>	Class Fee Options	Per Class Drop in Fee	15 Visit Punch Card (15 Classes Total)	(Calendar) Monthly Unlimited
		Adults:	\$10	\$92 <b>(\$97)</b>	\$65 <b>(\$68)</b>
		Seniors:	\$7	\$65 <b>(\$68)</b>	\$49 <b>(\$52)</b>

### 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.