



# AQUATIC FITNESS CLASSES

## DROP IN ANYTIME!

### Summer 2010

#### MONDAY/WEDNESDAY/FRIDAY

**CLASSIC AQUA FITNESS - Medium** 8:00 -9:00 AM  
**AFAP** 9:00-10:00 AM  
**POWER WALKING (M-Th only)** 5:30-6:15 PM

#### TUESDAY/THURSDAY

**CLASSIC AQUA FITNESS - Low** 9:45-10:45 AM  
**POWER WALKING** 5:30-6:15 PM  
**CLASSIC AQUA FITNESS - High** 6:30-7:30 PM

#### SATURDAY

**CLASSIC AQUA FITNESS – Medium** 9:00-10:00 AM

**Classic Aqua Fitness** This class incorporates a classic blend of aerobics, toning and stretching in chest-deep water. This class may be the ideal start for those new to aquatic fitness, for those participants who may desire to maintain their current fitness level, or for those who would like a push off of a fitness plateau. Classes are designated Low Intensity, Medium Intensity, or High Intensity.

**Low Intensity:** Tuesdays and Thursdays 9:45 – 10:45 AM  
**Medium Intensity:** Mondays, Wednesdays, Fridays 8:00 – 9:00AM; Saturdays 9:00 – 10:00 AM  
**High Intensity:** Tuesdays and Thursdays 6:30-7:30PM

**Arthritis Foundation Aquatic Program** The Arthritis Foundation Aquatic Program is a structured plan of exercise geared for those participants with arthritis and other joint related conditions. This course is perfect for any age of participant interested in flexibility and strength increases, but not in intense cardiovascular work. Instructors are certified by the Arthritis Foundation to lead class members through gentle movements.



**Mondays, Wednesdays, Fridays 9:00 – 10:00AM**

**Power Walking** This class utilizes the lazy river for a physically-challenging workout. Power walking takes advantage of current created by the pool jets as well as by the participants in varying the resistance of the workout. This class is perfect for those participants interested in a basic workout that can offer varied and individual degrees of challenge. Participants are lead through various steps and paces by a trained instructor while continuously circling through the current channel.

**Mondays, Tuesdays, Wednesdays and Thursdays 5:30-6:15 PM**

### AQUATIC FITNESS CLASS PUNCH PASSES ARE AVAILABLE!

30 VISIT PASSES - \$45/MEMBERS, \$90/NON-MEMBERS  
 10 VISIT PASSES - \$30/MEMBERS, \$50/NON-MEMBERS  
 FITNESS CLASS DROP-IN - \$4/MEMBERS, \$8/NON-MEMBERS