

# Romulus Athletic Center AQUA FITNESS

## JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM Classic Aquatic Fitness-Medium	8 AM SilverSneakers Splash	8 AM Classic Aquatic Fitness-Medium	8 AM SilverSneakers Splash	8 AM Classic Aquatic Fitness-Medium	9 AM Classic Aquatic Fitness-Medium
9 AM Aqua Zumba	9 AM Classic Aquatic Fitness-Low	9 AM Deep Water Aqua Aerobics	9 AM Classic Aquatic Fitness-Low	9AM Aqua Zumba	
10 AM Arthritis Aqua Fitness	10 AM Classic Aquatic Fitness-Low	10 AM Arthritis Aqua Fitness	10 AM Classic Aquatic Fitness-Low	10 AM Arthritis Aqua Fitness	
11 AM H2Yoga		11AM SilverSneakers Splash	11 AM H2Yoga	11 AM SilverSneakers Splash	
	5:30 PM Aqua Zumba		5:30 PM Current Cardio		

### Classic Aquatic 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 or medium intensity.

### Arthritis Aqua Fitness

The arthritis aqua fitness class is a structured plan of exercise geared for those participants with arthritis and other joint related conditions. This course is perfect for any age or participant interested in increasing flexibility and strength through gentle movements, not in intense cardiovascular work.

### Deep Water Aqua Aerobics

An aquatics aerobic class taught exclusively in deep water, this course challenges the participants to a full-body workout with zero impact. Any fitness level may participate, and flotation belts may be used for comfort. Water confidence and some swimming skills are recommended. Buoyancy belts will be available to participants.

### Aqua Zumba

A "pool party" workout for all ages. A class that is safe, effective and a challenging water-based workout, that integrates the Zumba formula into traditional aqua fitness disciplines. Join us for this safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief!

### SilverSplash®

In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

### Current Cardio

This intense class will challenge all major muscle groups. Using the resistance of the water with and against the current. Appropriate for all fitness levels.

### H2Yoga

Experience this new way to practice the ancient forms of yoga using the water to support you and keep pressure off your joints. It can also act as resistance, creating more intensity for your workout.

### **AQUATIC FITNESS PUNCH PASSES ARE AVAILABLE!**

#### MEMBERS

10 VISIT PASS: \$40.00

30 VISIT PASS: \$60.00

FITNESS CLASS DROP-IN: \$5.00

#### NON-MEMBERS

10 VISIT PASS: \$60.00

30 VISIT PASS: \$105.00

FITNESS CLASS DROP-IN: \$9.00

CLASSES ON SCHEDULE TABLE IN BLUE FONT ARE FREE TO ALL SILVERSNEAKERS® MEMBERS.

CLASSES ON SCHEDULE TABLE IN ORANGE FONT ARE FREE TO ALL SILVER&FIT MEMBERS.

**RAC Inclement Weather Policy:** In the event of a weekday snow emergency please watch for closure of the Romulus School District. If the Romulus School District is closed due to snow or ice the RAC will be open, however, all AM fitness classes will be canceled for that day. In the event that the class is in the evening or on the weekend please call the front desk at 734-942-2223.