

Aqua~Fitness November

Monday Tuesday Wednesday Thursday Friday Saturday

8AM Classic Aqua Julie		8AM Classic Aqua Julie		8AM Classic Aqua Julie	
9AM Aqua Zumba Rosa		9 AM Deep Water Gail	9AM Aqua Zumba Rosa		9 AM Classic Aqua Lanah
10AM Arthritis Aqua Lanah		10AM Arthritis Aqua Lanah		10AM Arthritis Aqua Lanah	
11AM H2 Yoga Julie		11 AM SilverSplash® Julie	11AM H2 Yoga Julie	11 AM SilverSplash® Lanah	
	5:30p Aqua Zumba Rosa –Begins 11/10	6:30p Aqua Yoga Heather			

Classic Aqua

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

The Arthritis Aqua 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 flexibility and strength increases, but not in intense cardiovascular work. Instructors lead class members to better flexibility through gentle movements.

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.

H2 Yoga / Aqua Yoga

Experience this new way to practice the ancient forms of yoga using the water to support you and keep pressure off of your joints. The water acts as resistance, creating more intensity for your workouts!

SilverSplash®

SilverSplash is a specially designed Aquatic Fitness class for Seniors. Silver Splash focuses on increasing agility, range of movement and cardiovascular conditioning. Participants learn how to develop strength, balance and coordination in a safe, fun and effective way.

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. A workout that is cardio-conditioning, body toning, and most of all, exhilarating beyond belief!

AQUATIC FITNESS PUNCH PASSES ARE AVAILABLE!

MEMBERS

10 VISIT PASS: \$40
30 VISIT PASS: \$60
FITNESS CLASS DROP-IN: \$5

Special Class Deal:
Members: Unlim-
ited Class pass until
12/31/20 – Just
\$45!!!!

NON-MEMBERS

10 VISIT PASS: \$60
30 VISIT PASS: \$105
FITNESS CLASS DROP-IN: \$9

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