

## Adult Pool Programs

Aquatic Exercise Package members register for aquatic classes at no additional fee. All Water Exercise classes are 45 minutes in length.

**Early registration is advised.**

### Arthritis Water Exercise

Tuesday & Thursday 8:30 am

The soothing warmth and buoyancy of warm water make a safe, ideal environment for relieving arthritis pain and stiffness. Enjoy gentle water exercises to maintain muscle strength, increase joint flexibility, range of motion and overall stamina. This program is a gentle introduction to our exercise classes and appropriate for all levels of physical fitness.

### Joint Benders

Tuesday & Thursday 9:15 am

Designed for individuals who have not exercised in years or for those who have a physical challenge prohibiting land exercising without pain, this class includes water walking and jogging, working with light weights and some deep water exercising. Participants are encouraged to exercise according to their own ability and comfort.

### Aqua Aerobics

By adding buoyancy to protect joints and back, Water Aerobic classes allow participants the opportunity to reach their personal fitness goals through low impact workouts. Water jogging and aerobic routines are introduced to improve cardiovascular fitness, muscle strength, and balance. Class pace is determined by the individual student. Light weights, deep water exercise using flotation devices, and a series of muscle toning exercises all done to a variety of up-beat music will add to your enjoyment

Monday, Wednesday & Friday 9:15 am  
Monday and Wednesday 10:45 am or 7:15 pm  
Thursday 6:30 pm

### Deep Water Fitness

With the aid of flotation belts and resistance barbells, multiple deep water exercise routines contribute to increased cardiovascular and overall physical fitness. Participants do not have to be swimmers, just willing to go in the deep water with a flotation belt.

Monday, Wednesday & Friday 8:30 or 10:00 am

### Aqua Zumba

Jump into the biggest pool party on the planet! Aqua ZUMBA® is an easy to follow, calorie burning, dance fitness party that makes working out a splash! Come join us for the latest fitness fun.

Saturday 9:15 am

### Session Dates and Fees:

Sessions: Jan. 2<sup>nd</sup> - Mar. 31<sup>st</sup> (Now registering)  
Apr. 3<sup>rd</sup> - Jun. 23<sup>rd</sup>

**No classes 4/17 through 4/21 & 5/26 through 5/29**

### Full Session Fees:

Members: 1 Class per week - \$47; 2 Classes per week - \$89;  
3 Classes per week - \$130  
Non-Members: 1 Class per week - \$94; 2 Classes per week - \$178;  
3 Classes per week - \$260

### Month by Month Fees:

Members: 1 Class per week - \$20; 2 Classes per week - \$38;  
3 Classes per week - \$56

Non-Members: 1 Class per week - \$40; 2 Classes per week - \$72;  
3 Classes per week - \$112

**Class registration forms need to be completed for all participants prior to the first class.**