

# Water Fitness Classes & Activities



Schedule is subject to change  
Check web site for changes

**\*\* Minimum 3 participants  
for class to run**

Period / Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 - 8:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
8:30 - 9:00 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
9:00 - 9:30 AM	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming
9:30 - 10:30 AM	Deep Water Fitness Upper & Lower Body Sculpt & Tone	Lap Swimming	Deep Water Fitness Upper & Lower Body Sculpt & Tone	Lap Swimming	Deep Water Fitness Upper & Lower Body Sculpt & Tone
11:00AM - 12:00PM	Arthritis / Active Senior Hydrofit		Arthritis / Active Senior Hydrofit		
<b>Lap Swimming Noon through 6PM. Call for lane availability.</b>					
6:00 - 7:00 PM	Deep Water Fitness Upper & Lower Body Sculpt & Tone				
6:30 - 7:30 PM		AQUA ZUMBA		Deep Water Fitness Upper & Lower Body Sculpt & Tone	
7:30 - 10:00 PM	S	C	U	B	A

A water bottle is recommended for fitness participants. Optional: aquatic gloves, wrist and ankle weights.

**Deep Water Aquafit** classes are designed to burn calories, build muscles, and sculpt and tone your body. This class includes interval training. The entire class can be done suspended in shallow water.

**The Active Senior / Arthritis Foundation Hydrofit Class** is designed to accommodate the abilities of individuals with arthritis and other related conditions. The exercises improve muscular strength, endurance and flexibility, and help relieve symptoms of arthritis. Class structure: 20 minutes stretching, 20 minutes using hand weights, 20 minutes aerobic activity.

**Aqua Zumba.** This class will incorporate various aerobic activities, set to popular music, using hand weights (and leg weights) to encourage muscle growth and enhance weight loss. Use of hand (and leg) weights is optional. We will all be in the shallow end of the pool. This class is a fun and effective way to get fit.

**Lap Swimming** - Call for availability and to reserve a lane.

**Adult Stroke Clinic** - Call in advance to enroll - 30 minutes for \$50.00

#### Individual Pricing:

- Lap Swimming 30 minutes = \$9.00
- 1 Hour Fitness Classes = \$15.00

#### Package Pricing:

- Ten 30 minute lap or fitness sessions purchased in advance = \$80.00
  - Five Fitness Classes \$70.00 (\$65.00 for seniors)
  - Ten Fitness Classes \$125.00 (\$120.00 for seniors)
  - Twenty Fitness Classes \$205.00 (\$200.00 for seniors)

• **No refunds for unused punch cards**

• **Punch card may only be used by the person whose name appears on the card**

• **1/2 hour Lap Cards cannot be used for fitness classes**