

Water Fitness Classes & Activities



Schedule is subject to change
Check web site for changes

**** Minimum 4 participants
for class to run**

Water Fitness Classes

Deep (suspended) Water Class

Monday, Wednesday, Friday 9:30AM - 10:30AM

Upper and lower body sculpting + toning • cardio interval training; can be suspended in deep or shallow water

Arthritis / Active Senior Class

Monday 11:00AM - 12:00PM

***Wednesday 11:00AM - 12:00PM**

**This class only you must eMail or text Susan by 7AM Wednesday morning if coming*

*Stretching, walking with weights; deep water body toning;
exercises in shallow end of pool with or without hand weights; aerobics*

Individual Pricing:

- 1 Hour Fitness Classes = \$15.00

Package Pricing:

- 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)

• Cards expire 1 year from date of purchase

• No refunds for unused punch cards

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



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