

CLASS SCHEDULE

September 1-December 31, 2015

MON	TUES	WED	THUR	FRI	SAT	SUN
	6:30-7:30 am AQUACISE		6:30-7:30 am AQUACISE			
	7:30-8:30 am AQUACISE		7:30-8:30 am AQUACISE			
8:00-9:00 am AQUACISE		8:00-9:00 am AQUACISE		8:00-9:00 am AQUACISE	8:00-9:00 am AQUACISE	
	8:30-9:30 am AQUACISE		8:30-9:30 am AQUACISE			
9:00-10:00 am AQUACISE		9:00-10:00 am AQUACISE		9:00-10:00 am AQUACISE		
		10:00-11:00 am WATERBALL		10:00-11:00 am WATERBALL		10:30-11:30 am AQUA ZUMBA®
2:00-3:00 pm WARM WATER SWIM			2:00-3:00 pm WARM WATER SWIM			
6:00-7:00 pm AQUACISE		6:00-7:00 pm AQUACISE	6:00-7:00 pm AQUACISE			

AQUACISE - Water Aerobics classes which offer a variety of moves in the 'forgiving' environment of WATER!! Cardio, strengthening of core (abs), strength & resistance training and balance & coordination are all a part of a full body workout with our variety of instructors. We offer fitness and fun early-to mid-morning and evening classes to get you moving for a healthy lifestyle no matter your age and current level of fitness.

AQUA ZUMBA® - Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy, latin and world rhythms with water resistance, for one pool party you don't want to miss! Class content is subject to change if an instructor substitute is needed.



WARM WATER SWIM - This program allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in warm water, with guidance from a trained instructor, will help you gain strength and flexibility. The water is a safe, ideal environment for relieving arthritis pain and stiffness.

WATERBALL - Hey all you volleyball fans, come out for a non-competitive, cardio-fun, water volleyball class! Just like playing a regular game of volleyball, but doing it in the pool. A short warm-up and stretch and then let the fun begin!