



AQUATIC FITNESS CLASSES
January 9 – March 3, 2023 (8- weeks)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am – 7:45am	Deep Aqua Fit Fitness Pool		Cardio/Strength Fitness Pool		Aqua Surprise Fitness Pool
9:00am – 9:45am					Water Tai Chi Therapy Pool
9:30am–10:15am		Mindful Moves Therapy Pool	Mobility & Flexibility Therapy Pool	Aqua Surprise Fitness Pool	
10:30am – 11:15am			Veterans Program CLASS FULL		
3:00pm – 3:45pm				Aquatic Yoga Therapy Pool	

Fees (Classes open to all members)

1 class per week: \$56; 2 classes per week: \$80; 3 classes per week: \$96

Class Descriptions

THERAPY POOL

Aquatic Yoga – Release stress and rebalance the body utilizing ancient techniques of Yoga. Learn breathing techniques to progressive relaxation, along with yoga poses to improve your strength and balance.

Mindful Moves – Increase self- awareness of your movement through exercises that promote balance, coordination, flexibility and range-of-motion.

Mobility & Flexibility – Gently move muscles and joints from head to toe. Stationary, traveling, and flowing movements help with daily activities and range of motion, allowing you to keep doing the things you enjoy.

Water Tai Chi – Embrace the mind, body spirit through a series of gentle exercises that will improve balance, strength, agility, flexibility, coordination, posture and mental focus.

LAP/FITNESS POOL

Aqua Surprise – You will be surprised with a different workout every time! Class will be taught in deep and shallow water and includes the use of noodles, gloves, belts and resistance equipment.

Cardio/Strength – This highly motivating class gives you cardio and strength training all in one. The class is taught in both deep and shallow water.

Deep Aqua Fit – A non-impact, deep water aerobics class that works a variety of muscle groups as well as the cardiovascular system. The class utilizes buoyancy belts, gloves and hand buoys.