



## AQUATIC FITNESS CLASSES

**March 13 – May 5, 2023 (8- weeks)**

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