



AQUATIC FITNESS CLASSES

October 30 – December 22, 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

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

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.

Mobility & Flexibility – Gentle, flowing movements from head to toe help with balance, range of motion, and activities of daily living, 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 the 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.