



## AQUATIC FITNESS CLASSES

### October 27-December 19, 2025 (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					Aquatic Arthritis Therapy Pool
9:30am–10:15am		Mindful Moves Therapy Pool	Mobility Flexibility Therapy Pool		
10:30am – 11:15am					
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.

**Aquatic Arthritis** – Gentle movements in the water that target range of motion to help reduce joint pain and stiffness, The movements will improve flexibility, muscle strength, coordination and stamina.

#### 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.