

Water Fitness Classes

Deep Water Aerobics: Enjoy a no-impact, cardio and strength training work out in our deep water heated pool.

- All equipment is provided and all fitness levels are welcome.
- Work at your own pace.
- Classes are open to ages 13 and up.
- First time students, please come 5-10 minutes before the start of class. If you are interested in joining our water aerobics email list to receive class announcements, class cancellation notifications and more, please call 630-1100.

Deep Water Aerobics Schedule

| <u>Time</u> | <u>Mon</u> | <u>Tue</u> | <u>Wed</u> | <u>Thu</u> | <u>Fri</u> | <u>Sat</u> |
|-----------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| 8:30-9:30am | <i>Rosalynn</i> | <i>N/A</i> | <i>Rosalynn</i> | <i>N/A</i> | <i>Rosalynn</i> | <i>N/A</i> |
| 9-10am | <i>N/A</i> | <i>N/A</i> | <i>N/A</i> | <i>N/A</i> | <i>N/A</i> | <i>Rosalynn</i> |
| 10:30-11:30am* | <i>N/A</i> | <i>Rosalynn*</i> | <i>N/A</i> | <i>N/A</i> | <i>N/A</i> | <i>N/A</i> |
| 5:30-6:30pm | <i>N/A</i> | <i>N/A</i> | <i>Rosalynn</i> | <i>Rosalynn</i> | <i>N/A</i> | <i>N/A</i> |

**The Tuesday class at 10:30am will begin on October 25.*

Class will not meet if the “feels like” air temperature is below 60 degrees F 30 minutes before the start of class.

Water Aerobics Fees

Drop-In - \$4 residents / \$5 non-residents

10-Class Pass - \$40 residents / \$50 non-residents



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