



JOIN THE FUN!

WATER FITNESS CLASSES



Monday

- 9:00 Deep Water Fitness with Bonnie (COMPETITION POOL)
- 10:15 Low Impact Water Fitness with Bonnie
- 11:00 Shallow Water Fitness with Bonnie

Tuesday

- 9:00 Water Spin with Sarah (COMPETITION POOL)

Wednesday

- 9:00 Shallow Water Fitness with Nick (COMPETITION POOL)
- 10:15 Low Impact Water Fitness with Anne

Thursday

- 9:00 Water Spin with Sarah (COMPETITION POOL)
- 10:00 Deep Water Fitness with Nick (COMPETITION POOL)

Friday

- 9:00 Water Spin with Nick (COMPETITION POOL)

Saturday

- 8:00 Shallow Water Fitness with Meredith

CLASS FEES

	<u>Member</u>	<u>Program Pass</u>
Single Class	\$7.00	\$8.00
13 Punch Pass	\$68.50	\$88.50
26 Punch Pass	\$127.00	\$167.00
39 Punch Pass	\$175.00	\$234.00

Non-Member: \$15.00 per class

CLASS DESCRIPTIONS

Shallow Water Fitness:

Wake up and start your day with a comprehensive workout! This class includes stretching, toning, and core work. Feel refreshed and energized to enjoy the rest of your day! This is a great class for ALL Fitness Levels!

Deep Water Fitness:

Take a load off your feet and join us in a deep water class! Using a waist support, this class will release joint pressure and give you a great work out at the same time!

Low Impact Water Fitness:

This class is a great class to keep your muscles moving. With the use of noodles and weights this low impact class will keep you thinking and moving while having minor impact on your joints.

Water Spin:

This class is taught in the competition pool and will give you a great cardio workout in the pool! Use the water as your resistance and pedal through this great class!