

# AQUATIC FITNESS

CLASS	DAYS	TIMES	MEMBER	NON-MEMBER
<b>HYDROSLIMNASTICS</b> This is a unique water exercise designed to tone and strengthen muscles using the therapeutic benefits of water. No swimming skills are necessary.	M,W,F	9:30 am to 10:30 am	<b>\$30</b>	\$78
<b>WATER WALKING</b> This walking class is a structured, full 30 minutes of walking in the water. It is equivalent to walking for two hours on land. No swimming skills are necessary.	M,W,F	<b>Water Walking 1</b> 9:00-9:30 am <b>Water Walking 2</b> 10:30-11:00 am <b>Water Walking 3</b> 6:30-7:00 pm	<b>FREE</b>	\$57
<b>SENIOR WATER AEROBICS</b> This water class is specially designed for seniors who would like to participate in a lower impact water exercise class. Class will include low impact exercise and muscle toning.	T,TH	11:30am to 12:30 pm	<b>FREE</b>	\$52
<b>JOINTS-N-MOTION</b> A series of non-swimming exercises that work on flexibility, full range of motion and cardiovascular fitness.	T,TH	9:00 am to 10:00 am	<b>FREE</b>	\$52
<b>ARTHRITIS SWIM</b> <i>Not only for arthritis sufferers.</i> A structured water program to help increase flexibility and comfort. Taught by a certified Arthritis Foundation Instructor. Doctor's permission is required. No swimming skills needed.	T,TH	10:30 am to 11:15 am	<b>\$20</b>	\$48 National Arthritis Foundation Members = \$43
<b>ARTHRITIS PLUS</b> One step up from our popular Arthritis Swim Class. This class will include the regular Arthritis exercises along with aerobic exercise	W	11:00 to 11:45 am	<b>\$12</b>	\$34 National Arthritis Foundation Members = \$30
<b>AQUA BUTTS &amp; GUTTS</b> <i>This class offers just what it says.</i> After a quick warm up, there will be approximately 12 minutes of abdominal work, 12 minutes of lower body work and a stretch and cool down.	T,TH	10:00 am to 10:30 am	<b>FREE</b>	\$40
<b>AQUA BUTTS &amp; GUTTS PLUS</b> ½ hour of water aerobics and ½ hour of abdominal and lower body work.	M,W,F	7:00 pm to 8:00 pm	<b>FREE</b>	\$78
<b>ADULT/TEEN WATER KICKBOXING</b> A low-impact class using kick-boxing moves and other exercises. The buoyancy of the water puts less stress on your joints and makes it easier to exercise.	M	8:00 pm to 8:30 pm	<b>FREE</b>	\$30.00
<b>WATER VOLLEYBALL</b> Come join the fun and play pick-up water volleyball on Friday evenings. Register for class by noon each Friday. Minimum of 6 required.	F	7:00-9:00 pm Starting January 7.	<b>FREE</b>	\$5 per night
<b>SILVERSPLASH</b> Shallow water moves with the use of a kickboard. No swimming skills required.	M,W,F	11:45 am to Noon	<b>FREE</b>	\$72.00
<b>AQUATIC HEALTHY BACK</b> A back reconditioning program designed for lower back pain sufferers.	T, TH	9:00 am to 9:45 am	<b>\$20</b>	\$48
<b>PRE-POSTNATAL WATER CLASS</b> A class designed to give the maximum benefit without the stress and risks that accompany high pressure workouts.	T, TH	9:45 am to 10:30 am	<b>\$20</b>	\$48