




AQUA FITNESS SCHEDULE WINTER 2011

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 AM	Aqua Fit		Aqua Fit		Aqua Fit	
9:00-10:00 AM		 Aqua Lite		 Aqua Lite		
9:30-10:15AM	 Aqua Tone		 Aqua Tone		 Aqua Tone	
5:00-6:00 PM		Aqua Noodles		Aqua Noodles		
6:00-7:00 PM	Aqua Combo		Aqua Deep			

Aqua Combo: Check out our high intensity, low impact water class! This shallow water class is great for all levels of fitness.

Aqua Deep: This class allows participants to use the deep water to get an excellent cardiovascular workout.

Aqua Fit: This shallow water fitness class allows participants to take advantage of a great cardio workout with minimum impact on joints.

Aqua Lite/SilverSneakers: Join our MS and arthritis certified instructor for this shallow water workout, which enables participants to ease muscle and joint stiffness as well as attain light cardiovascular workout.

Aqua Noodles: Aquatic fun using a variety of water fitness equipment.

Aqua Tone/SilverSneakers: This shallow water fitness class is designed for people with arthritis and other similar conditions. It's taught by a certified arthritis fitness instructor.

Classes on the schedule are free with a Premier Plus Memberships or Day Pass. \$3 per class for Premier Members.