



WATER EXERCISE SCHEDULE

Summer 1 2017: June 19 - July 23

Summer 2 2017: July 24 - August 27

*Water Exercise participants must be 16 and older.

*CP = Community Participant

MONDAY			
Class	Time	Member Fee	CP Fee
Joint Movement	9:00-9:45	\$5	\$32
Deep Water Exercise	10:00-10:45	Free	\$32
Shallow Water Exercise	10:45-11:30	Free	\$40
Joint Movement	5:00-6:00	\$5	\$32
Aqua Zumba	6:45-7:30	\$10	\$34
TUESDAY			
Class	Time	Member Fee	CP Fee
Joint Movement	9:00-10:00	\$5	\$32
Deep Water Exercise	10:00-10:45	Free	\$32
MS/Stroke Recovery*	10:00-11:00	\$6	\$32
Shallow Water Exercise	11:15-12:00	Free	\$40
Aqua Zumba**	6:45-7:30	\$10 (**\$18)	\$34 (**\$65)
WEDNESDAY			
Class	Time	Member Fee	CP Fee
Joint Movement	9:00-10:00	\$5	\$32
Deep Water Exercise	10:00-10:45	Free	\$32
Shallow Water Exercise	10:45-11:30	Free	\$40
THURSDAY			
Class	Time	Member Fee	CP Fee
Joint Movement	9:00-10:00	\$5	\$32
Deep Water Exercise	10:00-10:45	Free	\$32
MS/Stroke Recovery	10:00-11:00	\$6	\$32
Shallow Water Exercise	11:15-12:00	Free	\$40
Aqua Zumba**	6:45-7:30	\$10 (**\$18)	\$34 (**\$65)
FRIDAY			
Class	Time	Member Fee	CP Fee
Joint Movement	9:00-9:45	\$5	\$32
Shallow Water Exercises	10:45-11:30	Free	\$40
SATURDAY			
Class	Time	Member Fee	CP Fee
Aqua Zumba	1:00 - 1:45	\$10	\$34

*Tues. & Thurs.

**shows Tues./Thurs. package price

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Zumba Class Passes:	Member Fee	CP Fee	Days you can attend
Tuesday/Thursday package:	\$20	\$75	Both Tues. and Thurs.
Aqua Zumba All Session Pass:	\$40	\$150	All: Mon, Tues, Thurs, & Sat



WATER EXERCISE SCHEDULE

Summer 1 2017: June 19 - July 13

Summer 2 2017: July 24 - August 27

Class Descriptions:

Complementary Classes (no fee for members):

Shallow Water Exercise:

Make the most of the resistive qualities of water to help increase your flexibility, cardio fitness level, and muscle strength. Perfect for first-time exercisers, currently active, or those looking for a good workout. This class is taught in chest deep water. Participants should be comfortable in the water but do not need to have swimming skills.

Deep Water Exercise:

Specialty Classes (fee):

Joint Movement:

An aquatic exercise program designed for people with arthritis and related conditions. The water provides gentle resistance to build muscle strength and support joints to encourage free movement. Participants should be comfortable in the water but do not need to have swimming skills. Please check with your physician before beginning this program.

MS/Stroke Recovery:

This class is a stretching/exercise class for those individuals that have physical limitations including but not limited to loss of movement, muscle stiffness and joint restrictions. It is great for those with MS, recovering from a stroke, fibromyalgia, or spinal injury. If you need assistance in the locker room or getting into and out of the pool please bring an aid.

Aqua Zumba:

Jump into the Latin-inspired, easy to follow, calorie-burning, dance fitness party that makes working out a splash! This program is a safe, effective, and challenging workout that integrates the Zumba formula and philosophy into traditional aqua fitness, moving against the resistance of the water.

**We will now offer Tuesday and Thursday Aqua Zumba either separately, or sold together as a package. Package prices are listed on the front.