

AQUA-FIT SCHEDULE

Spring 2012 New

5.15.12

All Aqua-Fit Classes are **FREE** for Full Members

Program Members may purchase a Punch Card - 20 Punches for \$115.00

AQUAFIT is a 60 minute class of shallow water exercise. The class concentrates on raising your heart level and toning muscles. You do not even have to get your head wet!

Class Times:

- Monday: 8:30-9:30 AM
- Wednesday: 8:30-9:30 AM
- Friday: 8:30-9:30 AM

AQUAFIT PLUS is a 60 minute class of high intensity, low impact exercise. They will never see you sweat, but you will!

Class Times:

- Monday: 8:30-9:30 AM
8:00-9:00 PM
- Tuesday: 8:30-9:30 AM
- Wednesday: 8:30-9:30 AM
8:00-9:00 PM
- Thursday: 8:30-9:30 AM
- Friday: 8:30-9:30 AM
- Saturday: 8:00-9:00 AM



ARTHRITIS EASE is a 60 minute class designed to give you a better quality of life by improving your body's range of motion and mobility.

Class Times:

- Tuesday: 11:00AM-12:00AM
- Thursday: 11:00AM-12:00AM

*This class will move to 9:30 in June. Schedule will be updated before that change.