AQUATICS

CLASS DESCRIPTIONS:

**Hydrocize:** This class provides a mix of strength training exercises, cardio conditioning, and flexibility. Includes rebound, non-rebound, and suspended movements using resistance equipment and flotation devices.
- Tuesday & Thursday 9-10am with Jerell
- Tuesday & Thursday 6:30-7:30pm with Donna

**Deep Water Dynamics:** This non-impact workout offers a variety of intensity levels to increase endurance as well as power, strength, and cardiovascular fitness. Held in the deep water with the aid of buoyancy equipment and aquatic aids, this workout uses the water's maximum resistance to maximize overall fitness goals. This class is for anyone who is comfortable in deep water and wants to challenge their muscles in a new way. Expect to raise your heart rate and have fun doing it!
- Monday, Wednesday, Friday 9:30-10:30am with Kathleen
- Saturdays Early Bird 8:30-9:30am with Dee

**Boot Camp:** It is time to officially take your workout to the next level! This class offers a combination of drills, skills, and plyometric to improve strength and endurance.
- Saturday 9:30-10:30am with Donna

**Up and At ‘Em:** Gear up for this morning class that will get you energized for the day! This program uses the buoyant qualities of water to enhance physical fitness through exercises and stretching. It is a low-impact water class designed to provide cardiovascular conditioning, improved muscle tone, improved flexibility, strength, and improve balance. It is a total body workout. Working out in the water is a fun way to improve your joint range of motion through the comfortable resistance of water.
- Monday, Wednesday, Friday 8:30-9:30am with Kathleen
- Sunday 9-10am with Anna
- T/TH 6:15-7am with Kathy

**Rusty Hinges:** Designed for age 55+, this class will incorporate all fitness techniques, including rebound, non-rebound, suspended moves, resistance equipment, flotation devices, and more! The instructor will also mix shallow and deep water exercises. All fitness levels are welcome.
- Monday, Wednesday, Friday 10:30-11:30am with Sherry

**WATERinMOTION:** is the groundbreaking aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tightens and tones the entire body. This is a group walking class that includes interval training drills. This class will be about 30-45 minutes.
- Tuesday 10:00-10:45am with Kathy

**Aqua Pi-Yo Chi:** The new-age class introduces the strength of Pilates, the balance of Yoga, and the energy revitalization of Ai Chi and Tai Chi. The mind/body connection used in this class is an effective intervention in relieving stress, and has shown many researched medical benefits.
- Tuesday 8-9am with Kathleen

**Serenity Arthritis:** A program with gentle, no to low impact movements that help relieve the pain and stiffness of arthritis, following the structured guidelines of the Arthritis Foundation to increase flexibility and joint range of motion, and is led by an Arthritis Foundation Certified Leader. This class is also great for fibromyalgia, a “gotta-start-somewhere exercise program”, and as the next step after physical therapy. If you want to keep moving, you’ve got to keep moving.
- Thursday 10-11am with Evie
- Monday 6:30-7:30pm with Evie

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**PUNCH CARD PRICES**

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