



# Aquatic Fitness

Fall 2022: September 6 to October 30

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aquafit</b>	11:00a-11:45a	10:00a-10:45a 11:00a-11:45a 7:15p-8:00p	8:00a-8:45a 9:00a-9:45a 11:00a-11:45a 7:15p-8:00p	10:00a-10:45a 11:00a-11:45a 7:15p-8:00p	8:00a-8:45a 9:00a-9:45a 11:00a-11:45a 7:15p-8:00p	9:00a-9:45a 11:00a-11:45a
<b>Spin H2O</b>			6:30p-7:15p		6:30p-7:15p	11:45a-12:30p
<b>Lengths</b>	7:30a-8:30a	6:30a-8:30a 1:00p-2:30p 8:00p-9:30p	12:00p-1:00p	6:30a-8:30a 1:00p-2:30p 8:00p-9:30p	12:00p-1:00p	6:30a-8:30a 2:30p-4:00p

Program	Limit	Registration	Details
<b>Aquafit</b>	Max 25 (daytime) Max 15 (eve/wknd)	Lap	This <u>45-minute workout</u> that conditions the entire body. This energized class is great for participants looking for a muscle conditioning workout to help you shape up and get fit. Water is great for creating fun and challenging workouts! Ages 14+
<b>Spin H2O</b>	Max 10 / class	Lap <i>Time includes set up and take down of bikes</i>	The resistance is determined by four paddle wheels that are adjustable as well as by increasing RPM's through acceleration which is a key component in aquatic conditioning. Additional challenges can be met by a change in seat positions, intervals or power pull techniques. Snug shorts and water shoes are recommended!
<b>Lengths</b>	Max 4 / lane	Lap Pool Only	Join one of our <u>3 circle swim lanes</u> for some lengths <u>or our leisure lane for adult therapeutic use</u> . Please choose the lane which best fits your abilities. If you find you are moving too fast or slow, please move to the appropriate lane. Swim in a circular fashion, always keeping to your right.

Fees					
Program	1 Visit	1 Month	3 Months	6 Months	1 Year
<b>Fitness</b>	\$4.00	\$37.50	\$105.00	\$200.00	\$375.00
<b>Lengths</b>	\$4.00	\$23.00	\$65.00	\$125.00	\$230.00

**Limited space available in all aquatic drop-in fitness classes.** Membership pass holders are given priority admittance and can check in for a class 30 minutes prior to class time. Drop-in visitors will be permitted entry 15 minutes before the start of the program if space permits.



