

# Aquatic Fitness

Enjoy the many benefits of exercising in the water and socializing with friends while getting into shape. Aquafit has low impact on your joints, but it has a high impact on your cardiovascular system! Ages 14+



**May 1<sup>st</sup> – June 25<sup>th</sup>, 2022**

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aquafit</b>	11:00am-11:45am	10:00am-10:45am 11:00am-11:45am 7:15pm-8:00pm	8:00am-8:45am 9:00am-9:45am 11:00am-11:45am 7:15pm-8:00pm	10:00am-10:45am 11:00am-11:45am 7:15pm-8:00pm	8:00am-8:45am 9:00am-9:45am 11:00am-11:45am 7:15pm-8:00pm	9:00am-9:45am 11:00am-11:45am

Program	Limit / Cost	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!

## Aquafit Fees

Membership Type	1 Visit	1 Month	3 Months	6 Months	1 Year
<b>Aquafit</b>	\$4.00	\$37.50	\$105.00	\$200.00	\$375.00

**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.



Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Spin H2O</b>			6:30pm-7:15pm		5:00pm-5:45pm	5:45pm-6:30pm

Program	Limit / Cost	Registration	Details
<b>Spin H2O</b>	Max 10 / class \$4.00/visit	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!