

Fitness Class Fees

OPTION #1: Guarantee a spot in the class by paying the registration fee before the registration deadline. (Detailed information below and on pages 26, 27.)

OPTION #2: Does not guarantee a spot in the class.

Pay a per class drop-in fee. **Member Cost drop-in \$3.50** Non-member Cost drop in \$4.
Older Adult/50+ Member drop-in \$2. Older Adult/50+ Non-member cost \$2.50.
 Punch passes are no longer available for purchase.

AQUATIC FITNESS CLASSES DESCRIPTIONS

Cardio Combos

Get results from cross training with Cardio Combos. This 8 week class will provide a combination of workouts that will enhance your overall fitness level. There will be shallow and deep water workouts on Tuesday and Thursday in the pool. On Wednesday studio workouts will provide a cardio and strength challenge by utilizing a variety of fitness equipment. Intermediate level class. Instructor: Jamie & Layne **Registration deadline: Feb 20.**

A. M. Aqua Max

Jump-start your day with this energetic shallow water workout. This class will focus on cardiovascular as well as strength training. Come and join the group for an upbeat aerobic class that will leave you feeling refreshed. Intermediate level class. Instructor: Jamie **Registration deadline: Dec 19.**

Senior Splash

Kick-start your day with fun and fitness. Senior Splash is an excellent way to stay in shape without the stress land can put on your joints! This beginner to intermediate class will increase your balance, range of motion and strength as well as improve cardiovascular health. Each block is 8 weeks with 24 sessions. Instructor: Coleen

Registration deadline: Session I, Dec 19; Session II, Feb 20.

Aquatic Chaos

Let's blow off the day's stress by getting in the pool for an intermediate aquatic fitness class. Aquatic Chaos will utilize the deep and shallow ends of the pool to perform a variety of exercises with the aqua jogger, water weights and more to improve your overall wellness. Instructor: Coleen **Registration deadline Feb 20**

Aquatic Fitness Classes Schedule

Water shoes are recommended for all water fitness classes.

For safety reasons, youth under age 13 are not permitted in fitness classes.

***NO CLASSES DURING SPRING BREAK MAR 26 – 30.**

Class	Dates	Days	Times	Location	Min/Max	Member	Non-member
AM Aqua Max	Jan 9 – Mar 2	M,W,F	5:30 – 6:30am	Pool	5/12	\$72	\$80
Senior Splash I	Jan 9 – Mar 2	M,W,F	8:10 – 9am	Pool	5/12	\$72	\$80
Aquatic Chaos	*Mar 5 – May 2	M,W	5:30 – 6:30pm	Pool	5/12	\$49	\$54
Senior Splash II	*Mar 5 – May 4	M,W,F	8:10 – 9am	Pool	5/12	\$72	\$80
Cardio Combos	*Mar 6 – May 3	Tu,W,Th	8:10 – 9am	Pool/Studio	5/12	\$72	\$80

Registration deadlines: Session I, Dec 19; Session II, Feb 20.