

WATER EXERCISE AND FITNESS

No classes on July 4.

Please Note: Classes must meet minimum enrollment levels. Classes will be cancelled one week prior to the start date if the minimum enrollment level is not met.

Fees: Monthly pre-registration is recommended, fees vary.

Drop-in Fee: \$4 Resident/\$6 Non-Resident, space permitting. Drop-in participation is limited due to class size. Drop-in may not be accommodated if class registration is full.

Ache Away Therapy - (50min) 13yrs+. Back Ache? Joints hurt? Have arthritis? Try this specially designed class for any individual who needs gentler, slower paced water exercise. Emphasizes stretching and toning.

101176	10:00am	M, W	ELDO	\$21(R)/\$32(N)	4wk starts 6/3
101296	10:00am	M, W	ELDO	\$21(R)/\$32(N)	4wk starts 7/1
102517	10:00am	M, W, F	ELDO	\$28(R)/\$42(N)	4wk starts 8/5
102518	11:00am	M, W, F	ELDO	\$28(R)/\$42(N)	4wk starts 8/5

Deep Water Aerobics - (50min) 13yrs+. Challenge yourself to the next level of physical fitness! This class is performed in the deep end of the pool and features aerobic exercise, treading water, and activities that improve swimming technique and fitness. A variety of water equipment is used for conditioning and total body toning.

101182	7:00am	M, W	ELDO	\$21(R)/\$32(N)	4wk starts 6/3
101184	6:00pm	M, W	ELDO	\$21(R)/\$32(N)	4wk starts 6/3
101302	7:00am	M, W	ELDO	\$21(R)/\$32(N)	4wk starts 7/1
101304	6:00pm	M, W	ELDO	\$21(R)/\$32(N)	4wk starts 7/1
102522	6:00pm	M, W, F	ELDO	\$28(R)/\$42(N)	4wk starts 8/5
102523	11:00am	M, W, F	ELDO	\$28(R)/\$42(N)	4wk starts 8/5
100169	11:00am	M-Th	MMRA	\$21(R)/\$32(N)	2wk starts 6/3
100170	11:00am	M-Th	MMRA	\$21(R)/\$32(N)	2wk starts 6/17
100171	11:00am	M-Th	MMRA	\$20(R)/\$30(N)	2wk starts 7/1
100172	11:00am	M-Th	MMRA	\$21(R)/\$32(N)	2wk starts 7/15
100173	11:00am	M-F	MMRA	\$41(R)/\$62(N)	4wk starts 8/5

Shallow Water Aerobics - (50min) 13yrs+. Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning, and cool-down.

101008	9:00am	M-Th	CACT	\$35(R)/\$53(N)	4wk starts 6/3
101014	4:55pm	M-Th	CACT	\$35(R)/\$53(N)	4wk starts 6/3
101009	9:00am	M-Th	CACT	\$33(R)/\$50(N)	4wk starts 7/1
101012	4:55pm	M-Th	CACT	\$33(R)/\$50(N)	4wk starts 7/1
101016	9:00am	M, W, F	CACT	\$28(R)/\$42(N)	4wk starts 8/5
101650	6:00pm	M-Th	CHAP	\$35(R)/\$53(N)	4wk starts 6/3
101651	8:00am	M-Th	CHAP	\$35(R)/\$53(N)	4wk starts 6/3
101854	8:00am	M-Th	CHAP	\$33(R)/\$50(N)	4wk starts 7/1
101855	6:00pm	M-Th	CHAP	\$33(R)/\$50(N)	4wk starts 7/1
101203	7:00am	M-Th	ELDO	\$35(R)/\$53(N)	4wk starts 6/3
101204	8:00am	M-Th	ELDO	\$35(R)/\$53(N)	4wk starts 6/3
101205	9:00am	M-Th	ELDO	\$35(R)/\$53(N)	4wk starts 6/3
101316	7:00am	M-Th	ELDO	\$33(R)/\$50(N)	4wk starts 7/1
101318	8:00am	M-Th	ELDO	\$33(R)/\$50(N)	4wk starts 7/1
101320	9:00am	M-Th	ELDO	\$33(R)/\$50(N)	4wk starts 7/1
102519	8:00am	M-F	ELDO	\$41(R)/\$62(N)	4wk starts 8/5
102520	9:00am	M-F	ELDO	\$41(R)/\$62(N)	4wk starts 8/5
100220	8:00am	M-Th	MMRA	\$21(R)/\$32(N)	2wk starts 6/3
100221	9:00am	M-Th	MMRA	\$21(R)/\$32(N)	2wk starts 6/3
100222	10:00am	M-Th	MMRA	\$21(R)/\$32(N)	2wk starts 6/3
100223	8:00am	M-Th	MMRA	\$21(R)/\$32(N)	2wk starts 6/17
100224	9:00am	M-Th	MMRA	\$21(R)/\$32(N)	2wk starts 6/17
100225	10:00am	M-Th	MMRA	\$21(R)/\$32(N)	2wk starts 6/17
100226	8:00am	M-Th	MMRA	\$20(R)/\$30(N)	2wk starts 7/1
100227	9:00am	M-Th	MMRA	\$20(R)/\$30(N)	2wk starts 7/1
100228	10:00am	M-Th	MMRA	\$20(R)/\$30(N)	2wk starts 7/1
100229	8:00am	M-Th	MMRA	\$21(R)/\$32(N)	2wk starts 7/15
100230	9:00am	M-Th	MMRA	\$21(R)/\$32(N)	2wk starts 7/15
100231	10:00am	M-Th	MMRA	\$21(R)/\$32(N)	2wk starts 7/15
100232	8:00am	M-F	MMRA	\$41(R)/\$62(N)	4wk starts 8/5
100233	9:00am	M-F	MMRA	\$41(R)/\$62(N)	4wk starts 8/5
100234	10:00am	M-F	MMRA	\$41(R)/\$62(N)	4wk starts 8/5

Tone N' Tai Chi - (50min) 13yrs+. This class combines water exercises with Tai Chi moves. It benefits students of all ages and abilities by using the water to increase strength, flexibility, balance and energy. A great way to start your day or prepare yourself for water exercise or lap swim.

101212	9:00am	M, W	ELDO	\$21(R)/\$32(N)	4wk starts 6/3
101325	9:00am	M, W	ELDO	\$21(R)/\$32(N)	4wk starts 7/1
102521	9:00am	M, W, F	ELDO	\$28(R)/\$42(N)	4wk starts 8/5

