

Water Fitness: *A moderate level fitness program for those who cannot physically tolerate traditional floor exercise, or who prefer water exercise.*

Class Schedule: *Monday & Wednesday* **7:45 AM – 8:30 AM**
Monday-Friday **9:00 AM - 9:45 AM**
Monday & Thursday **10:00 AM -10:45 AM**
Monday, Wed & Friday **5:30 PM - 6:15 PM**

Cost: *Included with Y Membership*
*\$173 / *Program Member*
Registration: *25 Class Punch Card, good until all 25 classes are used*

Deep Water Fitness: *This full-body workout, a combination of cardio-respiratory endurance, muscle conditioning and interval training, is conducted in the deep end of the pool. Participants can achieve an increased range of motion using non-impact movements. Flotation is provided.*

Class Schedule: *TUESDAY* **10:00 AM to 10:45 AM**

Water Walking/Jogging: *Program provides a no impact workout in the pool. The program provides a total body workout, including a cardio vascular workout burning calories and increasing lean muscle.*

Class Schedule: *Friday* **10:00 to 10:45 AM**

Cost: *Included with Y Membership*
*\$173 / *Program Member*
Registration: *25 Class Punch Card, good until all 25 classes are used*

Aquatic Arthritis: *Program in cooperation with the Arthritis Foundation. Program focuses on range of motion activities. All classes conducted in shallow water and taught by a certified instructor.*

>>>Doctor's permission is required.

Class Schedule: *Mon, Wed, Thurs & Friday;* **11:00 AM to 11:45 AM**

Cost: *\$32 / Y Member*
*\$136 / *Program Member*
Registration: *21 Class Punch Card, good until all 21 classes are used*

**If you do not have a full membership, the minimum of a program membership is required. The cost of a program membership is \$30.00 per year.*