

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

Class Schedule: Monday - Friday 9:00 AM - 9:45 AM

Monday 10:00 AM -10:45 AM

Monday

Wednesday & Friday 5:30 PM - 6:15 PM

Cost: Included with Y Membership
\$80/10 Class Pass, \$173 /25 Class Pass *Program Member

Registration: good until all 10/25 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 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
\$80/10 Class Pass, \$173 /25 Class Pass *Program Member

Registration: good until all 10/25 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: Monday - Friday; 11:00 AM to 11:45 AM

Cost: \$32 / Y Member
\$80/10 Class Pass, \$173 /25 Class Pass *Program Member

Registration: good until all 10/25 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 \$25.00 per year.