



2019 GROUP AQUATIC ACTIVITIES SESSIONS 6-8

SESSION 6: August 19 - September 28 / SESSION 7: September 30 - November 9 / SESSION 8 : November 11 - December 21

CLASS	DAYS	TIMES	MEMBER	NON-MEMBER SESSION FEE	CLASS PASS
Deep Water Aquacize	Mon, Wed, Fri	9:15-10:15 am	Free	\$25 for 1 class per week \$50 for 2 classes per week \$75 for 3 classes per week	\$5 per class
Active Older Adult Forever Fit Aquacize	Mon, Wed, Fri	10:15-11:15 am	Free	\$40 for 10 class punch card	\$4 per visit
Hydro Fit	Mon, Thur	7:30-8:30 pm	Free	\$25 for 1 class per week \$50 for 2 classes per week	\$5 per class
S.E.A. Fit	Tues, Thur	9:15-10:15 am	Free	\$25 for 1 class per week \$50 for 2 classes per week	\$5 per class
Active Older Adult Twinges in the Hinges	Tues, Thur	10:15-11:15 am	Free	\$40 for 10 class punch card	\$4 per class

Class Descriptions

Deep Water Aquacize—A body toning and cardiovascular conditioning exercise class held in deep water. Water flotation belts available for use. A great low impact exercise program, which protects the participants joints. Low-medium intensity level.

Active Older Adult Forever Fit Aquacize—Aquatic exercise for older individuals wishing to improve aerobic and muscular fitness in a low impact and shallow water setting. Low-medium intensity level.

Hydro Fit— A shallow water exercise class. Exercises focus on all muscles of the body. No swimming skills required. Recommended for new or pre/post natal exercisers. Low-medium intensity level.

S.E.A. Fit— An aquatic cardio class using the aqua belt and treading. Swimming skills recommended. Medium-high intensity level.

Active Older Adult Twinges in the Hinges— Exercise class designed to assist individuals living with joint pain or mobility difficulties. Exercises are progressive based on ability and physician's recommendations. Class is taught in shallow water.

