

ADULT AQUATIC CLASSES

WATER FITNESS

Stretching, muscle strengthening and cardiovascular endurance are all components of this class. The buoyancy and water resistance makes this workout beneficial and fun. Men, women, swimmers and non-swimmers welcome!

Mon./Wed./Fri. 8:20-9:20 am
(Instructor, Melissa Lees)


Tues./Thurs. 5:30-6:15 am
(Instructor, Barb Freund)

HYDRO-CUFF-CORE AND MORE

Give yourself an entire body workout! Buoyancy cuffs, strapped to your ankles, engage your core muscles as you burn calories, build full body strength, fine tune your balance, and increase your endurance. This is an excellent cross training workout for beginner athletes or advanced athletes that want a fun and challenging high energy class. Instructors, Patty Adamson and Brenda Ritschard.

Tuesday** 5:15-6:00 pm
Thursday 5:15-6:00 pm

***Fall I: No class on Tues. Sept. 14, 28 and Oct. 12 due to HS swim meets. Price will be pro-rated.*

 **NEW!** **WATER PILATES** With the help of the water, you can relieve stress, develop core strength and stabilization. This class will help you work towards gaining control and development of a lean toned body. Instructor, Patty Adamson

Tuesday** 6:00-6:45 pm

***Fall I: No class on Tues. Sept. 14, 28 and Oct. 12 due to HS swim meets. Price will be pro-rated.*

AQUA INTENSITY

High intensity aerobic class that will strengthen your muscles and work your cardiovascular system all at the same time. The buoyancy and water resistance makes this a great workout. No swimming skills needed. Try a class and we guarantee you'll be back. Instructor, Patty Adamson

Mon./Wed. 5:30-6:15 pm

AQUA ZUMBA

This is the "Pool Party" workout for all ages.

Class includes safe, effective and challenging water-based workouts that integrate the Zumba formula and philosophy into traditional aqua fitness disciplines. Instructor, Dawn Lederman

Wednesday 6:15-7:00 pm

WORK IT OUT

Recommended for arthritic sufferers, pre and post-op patients, fibromyalgia patients or anyone who needs better range of motion. The class has a series of warm water exercises for every part of your body. With the help of the water resistance and the weightless effect the water gives us, we can help build strength and greater joint movement with little effort. Now swimming skills needed.

Mon./Wed./Fri. 9:30-10:15 am

PRIME TIME

We do a little aerobics, a few arm exercises, mix in a couple kick series, throw in some woggles-put it all together and you have a fun, valuable fitness experience. No swimming skills needed.

Mon./Wed./Fri. 11:00-11:30 am (exercise)
11:30-Noon (exercise on your own)

ADULT AQUATIC PRICES

45 Minute Class

Y-members - 1x/wk - \$10.99

Y-members - 2x/wk - \$21.98

Y-members - 3x/wk - \$32.97

Non-members - 1x/wk - \$33.95

Non-members - 2x/wk - \$67.90

Non-members - 3x/wk - \$101.85

60 Minute Class

Y-members - 2x/wk - \$29.40

Y-members - 3x/wk - \$44.10

Non-members - 2x/wk - \$88.90

Non-members - 3x/wk - 133.35

**10% sr. discount (65 yrs. +)
applies on class prices.**