

Water Aerobics

Aqua Motion

Great for beginners, participants in this class try a variety of cardio and strengthening moves in the shallow water.

Day(s): Monday and Wednesday

Date(s): Session 1 – August 31 and September 2, 9, 14, 16, 21, 23, 28
Session 2 – October 5, 7, 12, 14, 19, 21, 26, 28

Time: 9:30-10:15 a.m.

Place: Indoor Aquatics Pool Lane 1

Age Requirement: Adult

Fee: \$48.00 Member per session
\$64.00 Resident Non-Member per session
\$80.00 Surrounding Community Non-Member per session

Drop-In Fee:

\$10.00 Member per class
\$12.00 Resident Non-Member per class
\$14.00 Surrounding Community Non-Member per class



Date(s): Session 1 – November 2, 4, 9, 11, 16, 18
Session 2 – November 30, December 2, 7, 9, 14, 16

Fee: \$36.00 Member per session
\$48.00 Resident Non-Member per session
\$60.00 Surrounding Community Non-Member per session

Drop-in Fee:

\$10.00 Member per class
\$12.00 Resident Non-Member per class
\$14.00 Surrounding Community per class

Gentle Movement

Perfect for anyone experiencing joint or muscle soreness and stiffness, this class will use a series of gentle movements and stretching exercises to alleviate pain.

Day(s): Monday & Wednesday

Date(s): Session 1 – August 31 and September 2, 9, 14, 16, 21, 23, 28
Session 2 – October 5, 7, 12, 14, 19, 21, 26, 28

Time: 11:00-11:45 a.m.

Place: Indoor Aquatics Leisure Pool

Age Requirement: Adult

Fee: \$48.00 Member per session
\$64.00 Resident Non-Member per session
\$80.00 Surrounding Community Non-Member per session

Drop-In Fee:

\$10.00 Member per class
\$12.00 Resident Non-Member per class
\$14.00 Surrounding Community Non-Member per class



Date(s): Session 1 – November 2, 4, 9, 11, 16, 18
Session 2 – November 30, December 2, 7, 9, 14, 16

Fee: \$36.00 Member per session
\$48.00 Resident Non-Member per session
\$60.00 Surrounding Community Non-Member per session

Drop-in Fee:

\$10.00 Member class
\$12.00 Resident Non-Member class
\$14.00 Surrounding Community Non-Member per class

