

Aqua Blast

A fast-paced, challenging water workout, participants will perform a wide range of cardio and resistance training exercises to increase their heart rate and burn calories.

Day(s): Tuesday and Thursday

Date(s): Session 1 – September 1, 3, 8, 10, 15, 17, 22, 24
Session 2 – October 6, 8, 13, 15, 20, 22, 27, 29

Time: 10:00-10:45 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 3, 5, 10, 12, 17, 19
Session 2 – December 1, 3, 8, 10, 15, 17

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 Non-Member per class

River Aerobics

Set in the resistance channel, participants will use the water's moving current to get a great cardiovascular and strengthening effect.

Day(s): Tuesday

Date(s): Session 1 – September 1, 8, 15, 22
Session 2 – October 6, 13, 20, 27

Time: 6:00-6:45 a.m.

Place: Resistance Channel

Age Requirement: Adult

Fee: \$24.00 Member per session
\$32.00 Resident Non-Member per session
\$40.00 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 3, 10, 17
Session 2 – December 1, 8, 15

Fee: \$18.00 Member per session
\$24.00 Resident Non-Member per session
\$30.00 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

Deep Sea Aerobics

Individuals participating in this class will use noodles or water belts to keep them afloat while jogging, skiing, and bicycling around the deep end of the lap pool.

Day(s): Thursday

Date(s): Session 1 – September 3, 10, 17, 24
Session 2 – October 8, 15, 22, 29

Time: 5:30-6:15 p.m.

Place: Indoor Aquatics Pool Lane 1

Age Requirement: Adult

Fee: \$24.00 Member per session
\$32.00 Resident Non-Member per session
\$40.00 Surrounding Community Non-Member

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 5, 12, 19
Session 2 – December 3, 10, 17

Fee: \$18.00 Member per session
\$24.00 Resident Non-Member per session
\$30.00 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

