

Aquatic Exercise Weekly Schedule

REV-8/19

September-December, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity Pool	SWAP Shallow 9:15-10:05am	ROM Shallow 10:45-11:35am	SWAP Shallow 9:15-10:05am	Aqua Danza 9:45-10:35am	SWAP Shallow 9:15-10:05am		
Lap Pool	Total Immersion Deep Water 10:15-11:05am	Total Immersion Deep Water 10:45-11:35am	Total Immersion Deep Water 10:15-11:05am	Total Immersion Deep Water 10:45-11:35am	Total Immersion Deep Water 10:15-11:05am		
Activity Pool		ROM Shallow 10:30-11:20am		Aqua Danza 11:45-12:35pm		ROM Shallow 10:45-11:35am	
Lap Pool		Total Immersion Deep Water 7:30-8:20pm		Total Immersion Deep Water 7:30-8:20pm			
Activity Pool							
Lap Pool							

Class Descriptions

SWAP (Shallow Water Aerobics Program)-SWAP out your traditional aerobics class for this total body water workout. A little bit of everything. Build your cardiovascular endurance, increase your muscular strength, and enhance flexibility. This 50 minute class is set to exhilarating music. Noodles and aqua dumbbells are provided.

Total Immersion (Deep Water Workout)-If you are looking for both a cardio and strengthening class that is total non-impact, then this is the class for you! No swimming experience is required. A flotation belt will keep you vertical and buoyant. Class formats include Tabata, Bootcamp, and general water exercise set to fun, motivating music. Aqua dumbbells, noodles and flotation belts are provided. Class is 50 minutes.

ROM (Range of Motion) Shallow Water Exercise-Individuals will use gentle movements to help increase range of motion head to toe while decreasing stiffness and pain. A good class for individuals returning to exercise after injury, or those with joint or muscle related illness.

Aqua Danza (Shallow Water Dance Exercise)-This exciting water dance class set to Upbeat music with easy to follow, calorie burning, dance moves. This high energy, low impact workout is sure to make a splash in your workout routine.

ROM Pricing

	Drop-in	5 Class Pass	10 Class Pass	15 Class Pass	20 Class Pass
Member	\$6	\$14	\$27	\$39	\$50
Res/Non-member	\$7	\$20	\$39	\$57	\$74
Non-Res/Non-mem	\$7	\$25	\$49	\$72	\$94

SWAP/Aqua Danza/Total Immersion Pricing

	Drop-in	5 Class Pass	10 Class Pass	15 Class Pass	20 Class Pass	30 Class Pass
Member	\$10	\$25	\$48	\$69	\$88	\$126
Res/Non-mem	\$12	\$35	\$68	\$99	\$128	\$186
Non-Res/Non-member	\$12	\$41	\$80	\$117	\$152	\$222