

# Aqua~Fitness

## Winter 2011

Monday Tuesday Wednesday Thursday Friday Saturday

7:30 AM Classic Aquatic Fitness-Medium	8 AM <b>SilverSplash®</b>	8 AM Classic Aquatic Fitness-Medium	8 AM <b>SilverSplash®</b>	8 AM Classic Aquatic Fitness-Medium	9 AM Classic Aquatic Fitness-Medium
	9 AM Classic Aquatic Fitness-Low	9 AM Deep Water Aqua Aerobics	9 AM Classic Aquatic Fitness-Low		
10 AM AFAP	10 AM Classic Aquatic Fitness-Low	10 AM AFAP	10 AM Classic Aquatic Fitness-Low	10 AM AFAP	
	5:30 PM Power Walking		5:30 PM Power Walking	11 AM <b>SilverSplash®</b>	
	6:30 PM CardioCore		6:30 PM CardioCore		

### **Classic Aquatic Fitness**

This class incorporate a classic blend of aerobics, toning and stretching in chest deep water. This class may be the ideal start for those new to aquatic fitness, for those participants who may desire to maintain their current fitness level, or for those who would like a push off of a fitness plateau. Classes are designated low intensity or medium intensity.

### **Arthritis Foundation Aquatic Program (AFAP)**

The arthritis foundation aquatic program is a structured plan of exercise geared for those participants with arthritis and other joint related conditions. This course is perfect for any age or participant interested in flexibility and strength increases, but not in intense cardiovascular work. Instructors are certified by the Arthritis Foundation to lead class members though gentle movements.

### **Deep Water Aqua Aerobics**

An aquatics aerobic class taught exclusively in deep water, this course challenges the participants to a full-body workout with zero impact. Any fitness level may participate, and flotation belts may be used for comfort. Water confidence and some swimming skills are recommended. Buoyancy belts will be available to participants.

### **Power Walking**

This class utilizes the lazy river for a physically-challenging workout. Power walking takes advantage of current created by the pool jets as well as by the participants in varying the resistance of the workout. This class is perfect for those participants interested in a basic workout that can offer varied & individual degrees of challenge. Participants are lead though various steps and paces by a trained instructor while continuously circling though the current channel

### **SilverSplash®**

SilverSplash is a specially designed Aquatic Fitness class for Seniors. Silver Splash focuses on increasing agility, range of movement and cardiovascular conditioning. Participants learn how to develop strength, balance and coordination in a safe, fun and effective way.

### **CardioCore**

Enjoy a workout that uses water resistance to focus on both cardio work and core training. Core movements will concentrate on abdominal muscles and upper and lower back. Bring some water and get ready to work!

## **AQUATIC FITNESS PUNCH PASSES ARE AVAILABLE!**

### **MEMBERS**

10 VISIT PASS: \$30.00

30 VISIT PASS: \$45.00

FITNESS CLASS DROP-IN: \$4.00

### **NON-MEMBERS**

10 VISIT PASS: \$50.00

30 VISIT PASS: \$90.00

FITNESS CLASS DROP-IN: \$8.00

CLASSES ON SCHEDULE TABLE IN BLUE FONT ARE FREE TO ALL SILVERSNEAKERS® MEMBERS.