

# ROMULUS ATHLETIC CENTER

## Land & Aqua

# FITNESS CLASSES



### Monday

- 8:00a Classic Aqua II w/Julie
- 9:00a Core & More w/Aisha
- 10:00a Arthritis River Aqua w/Lanah
- 11:00a Senior Circuit w/Michele
- 5:00p Pilates w/Susan
- 6:00p Slow Yoga w/Karen
- 7:00p Zumba with Rosa

### Tuesday

- 8:00a Silver Splash w/Gail
- 9:00a Body Sculpting w/Michele
- 9:00a Classic Aqua I w/Gail
- 10:00a BOOM Move w/Susan
- 11:00a Senior Classic w/Susan
- 5:00p Cardio & Sculpt w/Michele
- 6:00p Zumba Gold w/Elone (chair optional)
- 7:00p Fit Drum w/Elone

### Wednesday

- 8:00a Classic Aqua II w/Julie
- 9:00a Chair Zumba w/Elone \*45mins\*
- 9:00a Deep Water w/Gail
- 10:00a Zumba Gold w/Elone
- 10:00a Arthritis River Aqua w/Lanah
- 11:00a Senior Yoga w/Regina

= Aqua Fitness Class

### Thursday

- 8:00a Silver Splash w/Gail
- 9:00a Step/Cardio/Kick Combo w/Aisha
- 9:00a Classic Aqua I w/Gail
- 10:00a BOOM Move w/Susan
- 11:00a Senior Classic w/Susan
- 11:00a H2Yoga w/Julie
- 6:00p Senior Yoga w/Regina

### Friday

- 8:00a Classic Aqua II w/Julie
- 9:00a Drum Core w/Elone
- 10:00a Zumba Gold w/Elone
- 10:00a Arthritis River Aqua w/Lanah
- 11:00a Senior Yoga w/Regina

### Saturday

- 8:00a Barrew/Susan \*45 mins\*
- 9:00a Tabata w/Susan

Free Classes!

Mar. 2 to Mar. 7 Gail  
 Mar. 9 to Mar 14 Rosa  
 Mar. 16to Mar. 21 Julie  
 Mar. 23 to Mar. 28 Aisha  
 Mar. 30 to Apr. 4 Lanah  
 Apr. 6 to Apr. 11 Michele  
 Apr. 13 to Apr. 17 Susan  
 Apr. 20 to Apr. 25 Karen  
 Apr. 27 to May 2 Elone



Classes in Blue Font are free to all our SilverSneakers, Silver & Fit, RenewActive, OnePass & FitOn Members

Member Punch Cards: \$70/10 Visits  
Class Drop-in Fee: \$10/class

Member Unlimited Class Passes available now!  
Any Class, Any Time!  
Monthly: \$45/\$35\*  
Quarterly: \$120/\$80\*  
Yearly: \$420/\$300\*  
\*Boarding Pass Plus

Instructor Spotlight: Each week we will spotlight 1 instructor and promote their classes for FREE to members.