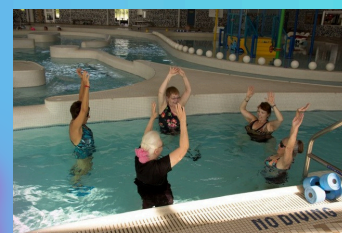


ROMULUS ATHLETIC CENTER

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
- 6:00p Slow Yoga w/Karen

Tuesday

- 8:00a Silver Splash w/Gail
- 9:00a Body Sculpting w/Michele
- 9:00a Classic Aqua I w/Gail
- 10:00a Aqua Zumba w/Rosa *45mins*
- 10:00a BOOM Move w/Susan
- 11:00a Senior Classic w/Susan
- 6:00p Zumba Gold w/Elone
- 7:00p Fit Drum w/Elone
(chair optional)

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
- 6:00p Cardio & Sculpt w/Michele

 = 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
- 5:00p Pilates w/Susan
- 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

November 17- 22 Regina
 November 23-29 Aisha
 November 30 - December 6 Julie
 December 7 - 13 Lanah
 December 14 - 20 Michele
 December 21 - 27 Karen
 December 28- January 3 Gail

Free Classes!



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.