WATER EXERCISE CLASS SCHEDULE

DEEP WATER AEROBICS

Monday-Friday 8:45am-9:30am

This is one of the quickest growing forms of moderate exercise. It is conducted in the deep end, but you DO NOT need to be a proficient swimmer to participate. This is a no impact moderate intensity class for everyone. It is the most recommended for expecting mothers and those with back and/or joint problems.

DEEP WATER JOG

Monday-Thursday 6:00pm-6:45pm

This class will work the entire body. The classes will vary from day to day. All the classes will be in the deep end of the pool and will use various equipment. It is a "come and go as you please class". This class gives parents whose child is in swimming lessons a chance to join the fun.

SHALLOW WATER EXERCISE

Monday, Wednesday, Friday 9:45am-10:30am

This class is of moderate intensity including stretching, water weight work and toning.
This class is especially recommended for expecting mothers, mild arthritis or anyone wanting to lose weight,
get fit and stay fit.

SILVER WINGS

Monday, Wednesday, Friday 12:00pm-12:45pm

As one of our regular Senior Center programs, this class focuses on our Senior Population with light water weight work, lots of stretching and even more fun!!