

LINE DANCING – WATER AEROBICS – YOGA CLASSES

ALL CLASSES ARE INCLUDED IN SWIM PACKAGE AS A COURTESY

Monday

| | | |
|----------------------|------------------------------------|------------|
| 8:30a.m. – 9:30a.m | Waterworks - \$6.00 | (med) |
| 10:00a.m. – 11:00a.m | Hydro-Motion - \$6.00 | (low/med) |
| 11:30a.m. – 12:00pm | Stretch & Glow Land Class - \$3.00 | |
| 4:30p.m. – 5:30p.m. | Aquafit - \$6.00 | (med/high) |
| 6:30p.m. – 7:30pm | Tone & Trim - \$6.00 | (med) |

Tuesday & Thursday

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|-----------------------|--|-----------|
| 9:15a.m. - 10:00a.m. | Arthritis- \$3.00 | (low/med) |
| 10:00a.m. – 11:00a.m. | Hydro-Motion - \$6.00 | (low/med) |
| 11:30a.m. – 12:00p.m. | Stretch & Glow Land Class - \$3.00 | |
| 12:00p.m. – 12:30p.m. | Light & Easy Yoga w/mat - \$3.00 | |
| 4:00p.m. – 5:00p.m. | Beginning Line Dancing - \$3.00 | |
| 5:00p.m. – 5:30p.m. | Stretch & Glow Land Class - \$3.00 | |
| 5:30p.m. – 7:30p.m. | Stomper-Cize (Advance Line Dancing) - \$2.00 | |
| 5:30p.m. – 6:30p.m. | Yoga - \$5.00 | |
| 6:30p.m. – 7:30p.m. | Tone & Trim - \$6.00 | (med) |

Wednesday & Friday

| | | |
|-----------------------|------------------------------------|------------|
| 8:30a.m – 9:30am | Waterworks - \$6.00 | (med) |
| 10:00a.m. – 11:00a.m. | Hydro-Motion - \$6.00 | (low/med) |
| 11:30a.m. – 12:00p.m. | Stretch & Glow Land Class - \$3.00 | |
| 4:30p.m. – 5:30p.m. | Aquafit - \$6.00 | (med/high) |

Saturday

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|----------------------|-----------------------|-----------|
| 10:00a.m – 11:00a.m. | Hydro-Motion - \$6.00 | (low/med) |
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AQUAFIT--- Will target all areas of the body for a full body workout, med/high impact

HYDRO-MOTION---Using resistance, weights & all water equipment, while keeping the body in an aerobic working level, low/med impact

TONE & TRIM--- Water resistance aerobicizing on a progressive regime using weights & other buoyant equipment, medium impact

WATERWORKS--- Energizing workout to start your day, medium impact

Stretch & Glow--- Land chair yoga class, beneficial to people of all ages. It will help build strength, balance, and flexibility

Light & Easy Yoga w/Mat--- Beginning yoga class with mat, incorporates breathing techniques to center and calm the mind, as well as gain strength, balance, and flexibility

Yoga--- Traditional yoga class that incorporates breathing techniques to center and calm the mind, as well as gain strength, balance, and flexibility