

ADULT PROGRAMS

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:45 AM	Deep Water <i>Peggy</i>		Deep Water <i>Peggy</i>		
8:15-9:00 AM		Aquacise <i>Geralyn</i>		Aquacise <i>Geralyn</i>	Aquacise <i>Geralyn</i>
9:30-10:15 AM		Deep Water <i>Geralyn</i>		Deep Water <i>Geralyn</i>	Deep Water <i>Geralyn</i>

DEEP WATER WORKOUT — Instructed by Peggy Mangan-Cross & Geralyn Strella

Our Deep Water Workout is a combination of deep water running and deep water interval work, using the resistance of the water to achieve a vigorous, yet well paced, cardiovascular workout to the beat of music. Flotation and resistance equipment will be incorporated to increase the intensity of the workout and focus on (including core) strengthening. Deep water exercise is a great way to cross train without impact on joints. You need not be a strong swimmer, but should feel comfortable in the water. Prior deep water exercise experience is not required. Join us for a fun and exhilarating workout.

AQUACISE — Instructed by Geralyn Strella

Water aerobics set to music! In addition to a cardiovascular workout, each class includes muscle conditioning for all major muscle groups, and stretching for flexibility. Several options to increase or decrease the difficulty of the workout will be given for preference and ability.

6:00 - 6:45 AM Deep Water Workout

DATES: January 5 - April 15
No Class: Feb. 23,25, Mar. 2,4
DURATION: 26 classes
COST: Members/Seniors: \$156
Non-Members: \$234

9:30 - 10:15 AM Deep Water Workout

DATES: January 6 - April 7
No class: Jan. 20, Feb. 17,19,20
DURATION: 36 classes
COST: Members/Seniors \$216
Non-Members \$324

8:15 - 9:00 AM Aquacise Class

DATES: January 6 - April 7
No class: Jan. 20, Feb. 17,19,20
DURATION: 36 classes
COST: Members/Seniors \$216
Non-Members \$324

Two day a week Aquacise option

DURATION: 24 classes
COST: Members/Seniors \$144
Non-Members \$216

AWESOME Aquatics — Anyone interested in this class may contact the instructor at gstrella@comcast.net

This class is perfect for adults or seniors looking for a slower paced workout, this includes any type of disability. Also for those who may want to continue exercise or strength training after physical therapy.

DAYS: Monday, Tuesday, & Thursday
DATES: January—April

TIME: 11:00 AM - 12:00 PM
COST: \$185

ADULT SWIM LESSONS

For adults who would like to be more comfortable in the water or would like to improve particular swimming skills. Whether you are a beginner or just want to get back into swimming.

DAY: Thursday
DATES: March 19 - April 16
COST: Members: \$66

TIME: 6:15-7:00pm
DURATION: 5 weeks
Non-Members: \$99

