

Summer 2008 Water Aerobics Schedule

Indoor Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	7.30am	Aquasize	Aquasize	Aquasize	Aquasize	Aquasize	8.30am	Aquasize Plus	Aquasize Plus
	8.30am	Aquasize	Aquasize	Aquasize	Aquasize	Aquasize			
	9.30am					Aquasize			
	12.00pm	Hydro Therapy	Prenatal Water	Hydro Therapy	Prenatal Water	Hydro Therapy			
	5.30pm	Aquasize							

Outdoor Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8.00am	Aquasize	Water Running	Aquasize	Water Running	Aquasize			

Racquetball Foyer	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	9.00am		Sit and Get Fit		Sit and Get Fit				

Aquasize

You won't believe the resistance of water. Great aerobic workout with muscle conditioning.

Aquasize Plus

Want more Aquasize? Increase your training effect with an extended aerobic segment. 60-75 Minutes

Hydro Therapy

Designed especially to increase mobility and flexibility of joints with no impact. An enjoyable class with a loyal, fun-loving group.

Prenatal Water

A special 12-month class for expectant mothers through three-months postnatal. Modified water aerobics, stretching and information geared just for you.* Bring a note from your doctor before starting the class.

Sit and Get Fit

Seated routines that accomplish stretching and strengthening. Most of this class is done in a chair. Perfect for those who have difficulty standing or are wheelchair bound.

Water Running

High intensity running class held in both deep and shallow water. A great aerobic workout, this class incorporates intervals, and is a great addition to any fitness regimen.

