

Water Aerobic Classes

Mon.	Tues.	Wed.	Thurs.	Fri.
Total Body Aqua-Size		Heat up the Pool	H2O Aerobics	Dual Aqua Aerobics
WaterinMOTION**		9:00AM-10:00AM	8:15AM-9:00AM	WaterinMOTION**
9:00AM-10:00AM 443810-A 12+ Marjory Halsted Hall 9/12/16-1/16/17 ex: 10/24, 12/26 17 classes: \$98		443817-A 12+ Marjory Hall 9/7/16-1/18/17 ex: 10/19, 11/23 18 classes: \$104	443883-B 16+ Erin Sullivan 9/15/16-12/22/16 ex: 11/24 14 Classes: \$81	9:00AM-10:00AM 443812-A 12+ Marjory Halsted Hall 9/9/16-1/20/17 ex: 10/21, 11/25 18 classes: \$104
H2O Aerobics	Deep Water Challenge	Dual at Dusk	Deep Water Challenge	
6:30PM-7:15PM 443883-A 16+ Erin Sullivan 9/12/16-12/19/16 ex: 10/10 14 Classes: \$81	6:30PM-7:15PM 443805-A 16+ Marcie Bartolotta 9/13/16-1/17/17 ex: 12/27, TBD 17 Classes: \$98	5:30PM-6:15PM 443813-A 12+ Marjory Hall 9/7/16-1/18/17 ex: 10/19; 11/23 18 classes: \$104	6:30PM-7:15PM 443805-B 16+ Marcie Bartolotta 9/22/16-1/19/16 ex: 11/24, 12/29, TBD 15 Classes: \$86	
	Deep Water Challenge Combo		Deep Water Challenge Combo	
	6:30PM-7:15PM 443805-C: 32 classes \$176 9/13/16-1/19/17 ex. 9/15, 11/24, 12/27, 12/29, TBD		6:30PM-7:15PM 443805-C: 32 classes \$176 9/13/16-1/19/17 ex. 9/15, 11/24, 12/27, 12/29, TBD	
				Sat.
				Heat up the pool
				9:00AM-10:00AM 443817-B 12+ Marjory Halsted Hall 9/10/16-10/8/17 ex: None 5 Classes: \$29
				Sat.
				Weekend Wakeup
				11:00AM-11:45AM 443815-A 12+ Marjory Halsted Hall 10/29/16-12/17/16 ex: 11/26 7 Classes: \$40
				Sat.
				Heat up the pool
				9:00AM-10:00AM 443817-C 12+ Marjory Halsted Hall 12/24/16-1/14/17 4 Classes: \$23



Senior and Rehab Water Aerobic Classes: Taught by Lisa Peacock

Mon.	Tues.	Wed.	Thurs.	Fri.
Bodies in Motion: Current Channel		Bodies in Motion: Current Channel	Bodies in Motion: Current Channel	Bodies in Motion: Aqua Aerobics
9:30AM-10:30AM		9:30AM-10:30AM	9:30AM-10:30AM	10:00AM-11:00AM
443871-A (9/19/16- 11/14/16) ex: 10/10 8 classes: \$46		443871-B (9/21/16-11/16/16) ex: None 9 classes: \$52	443871-C (9/22/16-11/24/16) ex: 11/24 9 classes: \$52	443870-B (9/23/16-11/25/16) ex: 11/11, 11/25 8 classes: \$46
9:30AM-10:30AM		443871-E (11/23/16-1/18/17) ex: None 9 classes: \$52	443871-F (12/1/16-1/19/17) ex: None 8 classes: \$46	443870-D (12/2/16-1/20/17) ex: 12/23 7 classes: \$40
443871-D 11/21/16-1/16/17 ex: 12/26, 1/16 7 classes: \$40		Bodies in Motion: Combo 9:30AM-11:00AM	<p>Water Aerobic Class Fees Drop-in* Rate: \$6.50 per class Non-Resident Rate: \$7.50 per class</p> <p>Water Aerobic Instructors Marjory Halsted Hall - AEA Lisa Peacock - AEA, Arthritis, Aqua Stretch Marcie Bartolotta - AEA Erin Sullivan - AEA</p>	
		443872-A (9/21/16-11/16/16) ex: None 18 classes: \$95		
		443872-B (11/23/16-1/18/17) ex: None 18 classes: \$95		
		Bodies in Motion: Aqua 10:00AM-11:00AM		
		443870-A (9/21/16-11/16/16) ex: none 9 classes: \$52.00		
		443870-C (11/23/16-1/18/17) ex: None 9 classes: \$52		

INTENSITY LEVEL	
LOW	X
MODERATE	X X
VIGOROUS	X X X

Adult Water Aerobic Fitness Mondays

Total Body Aqua-Size – Work your arms, legs, abs and back using the resistance of water, bands and barbells. You can make it as challenging to your body as you want, at the same time relieving your stress (mind and body). Shallow and deep water exercises. All fitness levels invited. **C, S, B, C/RE, F**

H2O Aerobics - Start and end your week off right with a 45-minute energizing total body water workout! We will use both shallow and deep ends of the pool to blast away fat with cardio intervals and strength training. Water shoes recommended. **F, B, C, S, E**

Tuesdays

Deep Water Challenge – The deep water class is a challenging class that incorporates high-intensity, non-impact strength and cardiovascular movements that provide one of the best forms of exercise. Participants wear a flotation belt during class. *Must be comfortable in deep water. *

Wednesdays

Heat up the Pool – Turn up the heat with water exercise. Challenge yourself with barbells, buoys, bands and tethers. Work on cardio, flexibility and strength all in one hour. You determine the intensity – low (starting out) to vigorous (experienced). Push yourself. Both shallow (chest deep) and deep end of the pool will be used. **C/RE, F, S**

Dual at Dusk – Add variety to your Wednesday evenings – alternate evenings in the lap pool and current channel with a variety of equipment (balls, noodles, bands, boards) that will work your abs, legs, and arms. Challenge yourself with something new in the evening. **C/RE, S, B, C, F**

Thursdays

H2O Aerobics - Start and end your week off right with a 45-minute energizing total body water workout! We will use both shallow and deep ends of the pool to blast away fat with cardio intervals and strength training. Water shoes recommended. **F, B, C, S, E**

Deep Water Challenge – The deep water class is a challenging class that incorporates high-intensity, non-impact strength and cardiovascular movements that provide one of the best forms of exercise. Participants wear a flotation belt during class. *Must be comfortable in deep water.*



C/RE	Cardiovascular/Respiratory Endurance	F	Flexibility
S	Strength	E	Endurance
B	Balance	R	Rehab
C	Coordination	LIM	Low Impact
A	Arthritis		

Fridays

Dual Aqua Aerobics – Challenge yourself with aqua aerobics in the lap pool and an extreme workout in the current channel (alternating weeks). A Total body conditioning class for abs, legs, and arms using noodles, bands and balls. Variety is the spice of life and this class has it! All fitness levels welcome. Water shoes advised. **S, C, B, C/RE, F**

--- Weekend!! ---

Saturday

Weekend Wake Up and Work Out – Get moving in the current channel (forwards, backwards, and sideways) with and against the current. All parts of your body will be worked using the resistance of the water plus noodles, paddles, barbells and boards. Water shoes advised. **S, C, B, C/RE, F**

Heat up the Pool – Turn up the heat with water exercise. Challenge yourself with barbells, buoys, bands and tethers. Work on cardio, flexibility and strength all in one hour. You determine the intensity – low (starting out) to vigorous (experienced). Push yourself. Both shallow (chest deep) and deep end of the pool will be used. **C/RE, F, S**

Senior and Rehab Aerobic Fitness Monday, Wednesday, Thursday

Bodies in Motion: Current Channel – A low-impact, full body workout walking with and against the current. Great for muscle, bone and joint rehabilitation. Class is 45 minutes; walk on your own for the last 15! **B, C, R, A**

Wednesday & Fridays

Bodies in Motion: Aqua Aerobics – Using the water’s resistance, firm and strengthen your body with this non-rebounding, low impact routine. A total body workout for anyone interested in a non-choreographed, shallow water program. **Silver&Fit and Silver Sneakers members are eligible to take this class.** **B, C, R, A**

Monday/Friday Silver&Fit

WaterinMOTION® is the groundbreaking aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. With land equivalent intensity, enjoy the pure fun of this 55-minute water extravaganza! **C, S, B, C/RE, F**