



Aqua Power

Looking for a calorie burning, heart-thumping workout without all the pounding on your joints? Try this class! A little kickboxing, some water aerobics and a few surprises to provide a complete workout! Both deep & shallow ends of the pool may be used.

Instructor: Larken Petardi
 Day: Mon.
 Time: 7-8 p.m.
 Session 1 (270036-A) (7 classes)
 Fee: \$34 for members/\$46 for non-members
 Session 2 (270036-B) (6 classes)
 Fee: \$29 for members/\$39 for non-members

Water Fitness

A non-impact workout in the lap pool, using both deep and shallow ends of the pool. Participants can expect a total body workout!

Instructor: Kathy O'Connor
 Day: Tues. and Thurs.
 Time: 8:35-9:35 a.m.
 Session 1 (270037-A) (14 classes)
 Fee: \$69 for members/\$93 for non-members
 *No class 9/15, 9/17
 Session 2 (270037-B) (11 classes)
 Fee: \$54 for members/\$73 for non-members
 *No class 12/17

Instructor: Kathy O'Connor
 Day: Sat.
 Time: 7:15-8:15 a.m.
 Session 1 (270038-A) (6 classes)
 Fee: \$29 for members/\$39 for non-members
 *Class starts 9/26
 Session 2 (270038-B) (5 classes)
 Fee: \$24 for members/\$33 for non-members
 * No class 12/19

Water Fitness 2

Similar to Water Fitness but participants can expect a slightly higher intensity level with all exercises. Both deep and shallow ends of the pool are used.

Instructor: Kathy O'Connor
 Day: Fri.
 Time: 9:30-10:30 a.m.
 Session 1 (270039-A) (7 classes)
 *No class 9/18
 Fee: \$34 for members/\$46 for non-members
 Session 2 (270039-B) (5 classes)
 Fee: \$24 for members/\$33 for non-members
 *No class 12/18

Water Toning

A gentle strength class in the warm therapy pool designed to increase muscular endurance, strength, and flexibility at the right intensity for you. Enjoy a mix of light exercises, yoga and some core work with the comforts of the warm pool.

Instructor: Kathy O'Connor
 Day: Fri.
 Time: 10:40-11:25 a.m. *Class is 45 minutes
 Session 1 (270040-A) (7 classes)
 Fee: \$26 for members/ \$35 for non-members
 *No class 9/18
 Session 2 (270040-B) (5 classes)
 Fee: \$19 for members/ \$26 for non-members
 *No class 12/18

Aqua Therapy

A gentle therapeutic water exercise class designed to increase flexibility, strength, endurance and help improve posture in the warm therapy pool! Great for individuals with arthritis, moderate joint pain, back pain or other musculoskeletal issues.

Instructor: Dorinda Miller, P.T., CSCS.
 Day: Tues. and Thurs.
 Time: 10:45-11:30 a.m. *Class is 45 minutes
 Session 1 (270041-A) (16 classes)
 Fee: \$59 for members/\$80 for non-members
 Session 2 (270041-B) (12 classes)
 Fee: \$44 for members/\$59 for non-members

Instructor: Dorinda Miller, P.T., CSCS.
 Day: Tues. and Thurs.
 Time: 11:35 a.m.-12:20 p.m. *Class is 45 minutes
 Session 1 (270042-A) (16 classes)
 Fee: \$59 for members/\$80 for non-members
 Session 2 (270042-B) (12 classes)
 Fee: \$44 for members/\$59 for non-members

Family Fall Track Hours

Parents & kids who are facility members are invited to walk, run or jog on the track together. Please note - parents must remain beside their children at all times, running or walking with them and follow all posted policies regarding use of the track area.

Monday	1-10 p.m.
Tuesday	1-10 p.m.
Wednesday	1-10 p.m.
Thursday	1-10 p.m.
Friday	1-10 p.m.
Saturday	noon-10 p.m.
Sunday	noon-9 p.m.

FREE, however all participants must be facility members.