



WATER AEROBICS

HELPING YOU LIVE BETTER

Tone & Tide

LEVEL:

Light/Low Impact

INSTRUCTOR: Mary Anne

TIME:

Monday 8:30– 9:30AM
Wednesday 8:30–9:30AM
Friday 8:30–9:30AM

DESCRIPTION:

This moderate impact class is open to all fitness levels. The main goal is to get you moving and your mind going bright and early.

Deep Water Running

LEVEL:

Mid-High Impact

INSTRUCTOR: Jane Riley

TIME:

Tuesday 8:30–9:30AM
Wednesday 8:30–9:30AM
Thursday 8:30–9:30AM

DESCRIPTION:

A fast paced, full-pool class that uses interval and HITT. Great fun, challenging and energizing. Very good for joints and muscles. Water belts are used

Aqua Blast

LEVEL:

Light/Low-Mid Impact

INSTRUCTOR: Mary S.

TIME:

Tuesday 5:30–6:30PM
Thursday 5:30–6:30PM

DESCRIPTION:

For strengthening, toning and stretching. Set to a variety of motivating music from oldies to today's hits.