

Fall 2020

Heights of Water Aerobics

Water aerobics programs are designed to increase cardiovascular endurance, improve flexibility, and muscle tone with the aid of water. Classes are 45 minutes to 1 hour in length

****Please look on back for Health precautions and Pool/ Class Capacities****

CLASS SCHEDULE - (Class Descriptions on Reverse Side)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	H2O FIT OUTDOOR DIVING TANK	H2O FIT OUTDOOR DIVING TANK	H2O FIT OUTDOOR DIVING TANK	H2O FIT OUTDOOR DIVING TANK	H2O FIT OUTDOOR DIVING TANK		
8:00 AM						WATER WORKS OUTDOOR DIVING TANK	
8:30 AM					AQUA ZUMBA OUTDOOR RACING POOL		
9:00am		AQUA -GROOVES INDOOR SPECIALTY POOL	SPORTS MOVES INDOOR SPECIALTY POOL				
10:00 AM	HYDRO-TONE INDOOR SPECIALTY POOL	FLUID MOTION INDOOR SPECIALTY POOL	HYDRO-TONE INDOOR SPECIALTY POOL	POWER POOL INDOOR SPECIALTY POOL			
11:15 AM (45 min.)	30/20/10 OUTDOOR DIVING TANK	POWER POOL OUTDOOR DIVING TANK	POWER POOL OUTDOOR DIVING TANK		INTERVELOCITY OUTDOOR DIVING TANK		SURPRISE H2O OUTDOOR RACING POOL (45 min.)
7:00 PM	HYDRO-TONE OUTDOOR RACING POOL (45 MIN.)	HYDRO-TONE OUTDOOR RACING POOL (45 MIN.)	HYDRO-TONE OUTDOOR RACING POOL (45 MIN.)	HYDRO-TONE OUTDOOR RACING POOL (45 MIN.)			

CLASS DESCRIPTIONS FOR WATER AEROBICS CLASSES:

H₂O Fit:** This deep water aerobic workout is for everyone! It incorporates both cardio and strength training with a variety of non-impact moves using water resistance and resistance training equipment. Flotation belts for buoyancy are provided.

Fluid Motion:** A steady paced format focusing on range of motion, balance, and posture.

Intervelocity*:** Intervals to increase your aerobic capacity, improve speed, and your agility.

Power Pool*:** Kick up your metabolism! This class appeals to all levels of fitness in either shallow or deep water.

Aqua Zumba:** Shake, shimmy, and sizzle in the water as we create some heat, Latin style!

Hydro-tone*: This class helps you improve your flexibility, core strength, breathing and balance.

Surprise H₂O*: Come to this exciting class that involves a combination of 2 or 3 classes. Whether shallow or deep, this class will keep you moving.

Water Works:** Cardio, strength and flexibility for your core! Motivating music for your mind.

30/20/10:** Formatted for cardio/strength/core.

*Level One: slower paced, for beginners or those who need a less intense workout

** Level Two: moderate intensity, for days when you've already exercised, are recovering from an injury or just for fun

***Level Three: higher intensity and fast paced-- appropriate for the athlete as a cross-training workout

Youth aged 14 and up are welcome- younger children must be participating with a parent and instructor's permission. All classes are prepaid in the main office. Punch cards cannot be replaced if lost or stolen. (Seniors = those 62 and older.)

Do to current health guidelines

**Maintain social distancing (6 feet) when in public settings.
Managers have the right to limit capacity at any given time.**

Current capacity limitations

Indoor specialty pool—15 participants

Outdoor Diving pool—22 participants

Outdoor Racing pool—20 participants

Group Fitness Class Rates			
	<u>Per Class</u>	<u>Combo 10 Punch Card</u>	<u>Combo 20 Punch Card</u>
<u>Ultimate Member</u>	No charge		
<u>Premium or Basic Member Adult</u>	\$5.00	\$45.00	\$80.00
<u>Non-Member Adult</u>	\$6.00	\$55.00	\$100.00
<u>Premium or Basic Senior (age 62+)</u>	\$4.00	\$35.00	\$60.00
<u>Non-Member Senior (age 62+)</u>	\$5.00	\$45.00	\$80.00
<u>Premium or Basic Member Youth</u>	\$4.00	\$35.00	\$60.00
<u>Non-Member Youth</u>	\$5.00	\$45.00	\$80.00