

WATER AEROBICS DESCRIPTIONS

HIGH IMPACT WATER AEROBICS

This class is held in the large pool with a mix of shallow end and deep end exercises.
It includes jumping and bounding.

MONDAY, WEDNESDAY, FRIDAY 6:15am - 7:00am

MONDAY, WEDNESDAY, FRIDAY 1:00pm - 1:45pm

MONDAY AND WEDNESDAY 5:45pm - 6:30pm

LOW IMPACT WATER AEROBICS

This class is held in the small pool and includes low impact jumping and bounding.

MONDAY, WEDNESDAY, FRIDAY 9:00am - 9:45am

BODY MOVEMENT CLASS

This class is held in the small pool and is designed as an arthritis relief class.

There is no jumping or bounding and is very low impact.

TUESDAY AND THURSDAY 9:00am - 9:45am