



Water Exercise Class Schedule August 28-December 19, 2017



Updated 8/3/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Fusion 8:00-8:50 AM Sandy		Aqua Fusion 8:00-8:50 AM Sandy		Aqua Fusion 8:00-8:50 AM Sandy	Aqua Zumba 8:10-9:00 AM Sandy
Basic Water Exercise 9:00-9:45 AM Julie	Basic Water Exercise 9:00-9:45 AM Sandy	Basic Water Exercise 9:00-9:45 AM Charlotte	Basic Water Exercise 9:00-9:45 AM Julie	Basic Water Exercise 9:00-9:45 AM Sandy	Water Aerobics 9:15-10:00 AM Fran
Aquatic Range of Motion 10:00-10:45 AM Barb	Silver Splash 2:00-2:50 PM Barb	Aquatic Range of Motion 10:00-10:45 AM Barb	Silver Splash 2:00-2:50 PM Barb	Silver Splash 2:00-2:50 PM Sandy	
Silver Splash 2:00-2:50 PM Barb	Water Aerobics 6:00-6:50 PM Fran	Silver Splash 2:00-2:50 PM Barb	Water Aerobics 6:00-6:50 PM Fran		
Water Aerobics 6:00-6:50 PM Rita	Aqua Zumba 7:10-8:00 PM Sandy	Water Aerobics 6:00-6:50 PM Rita	Aqua Zumba 7:10-8:00 PM Sandy		

Instructor assignment subject to change!

AQUA FUSION - This class combines ballet/barre, yoga, and pilates to provide breathing, deep stretching, increased range of motion, strength and toning. This new class is suitable for all fitness levels- it is a great starting place for beginners, as well as provides a great stretching routine for those who regularly work out. No swim or yoga experience necessary.

Member **\$3.00** **Resident** **\$5.00** **Non-Resident** **\$6.00**

AQUA ZUMBA - Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba@class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. For more information contact Sandy de Caldas at 513-206-3491 or jogohill@yahoo.com.

Member **\$3.00** **Resident** **\$5.00** **Non-Resident** **\$6.00**

BASIC WATER EXERCISE - Just right for the average participant. We mix gentle exercise and moderate aerobics that almost anyone can do. There is no excuse for not coming to the pool! Instructors will help you to adapt the skills for your limitations and find the right pace for your needs. Flexibility and strengthening exercises are a big part of this class.

Member **\$3.00** **Non-Resident** **N/A**

AQUATIC RANGE OF MOTION - Designed to improve joint flexibility and balance. For those with mobility challenges and discomfort resulting from arthritis, joint injury, or surgery. This class consists of moderate water movements and gentle stretches that allow participants to strengthen their muscles and alleviate joint pain. There is no major aerobics component to this class, and participants are encouraged to work at their own pace.

Member **\$3.00** **Non-Resident** **N/A**

SILVER SPLASH - A free class for Silver Sneaker members that offers total body aqua conditioning. This class focuses on increasing agility, range of motion, and cardio. No swimming ability required. Class is taught by a certified Silver Sneakers Instructor. Community Center members may attend for \$3.00. Punch cards also accepted for this class.

Silver Sneaker Fee **FREE** **Member** **\$3.00** **Non-Resident** **N/A**

WATER AEROBICS - Pick up the intensity! Exercise will include at least 20 minutes of moderate to high-level aerobics. Improve cardiovascular fitness, tone muscles, and improve flexibility in a safe environment.

Member **\$3.00** **Resident** **\$5.00** **Non-Resident** **\$6.00**

Save Time & Money!
Water Exercise Punch Card (11 visits)
 Best Deal in town! Punch cards are valid for 1 year from the date of purchase and are non-transferable.
Members: \$20.00 **Resident Non-Members: \$40.00** **Non-Residents: \$55.00**

16000 E. Bagley Road, Middleburg Heights, Ohio 44130 (440) 234-2255
Aquatics Hotline: 440-239-6312: Call anytime for up to date announcements.