

April 11-May 27, 2016

Adult Exercise Programs: Ages 18 and Over

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 find the right pace for your needs. Flexibility and strengthening exercises are a big part of this class.

Day	Time	Member	Non-Resident
Monday thru Friday	9:00-9:45 AM	\$3.00	N/A

This class will be canceled on days of Berea City School closing due to inclement weather.

Aquatic Range of Motion

Designed for those with mobility challenges such as arthritis, joint injuries, or surgery. This class consists of moderate water movements and gentle stretches that allow participants to strengthen muscles for increased endurance and reducing joint pain. Exercises designed to improve joint flexibility and balance. Participants encourage to work at their own pace.

Day	Time	Member	Non-Resident
Tuesday & Friday	10:00-10:45 AM	\$3.00	N/A

This class will be canceled on days of Berea City School closing due to inclement weather.

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 Sneaker Instructor. Community Center members may attend for \$2.00. Punch cards also accepted for this class.

Day	Time	Silver Sneaker	Member	Non-Resident
Monday thru Friday	2:00-2:50 PM	Free	\$3.00	N/A

This class will be canceled on school holidays and closing due to inclement weather.

Water Aerobics

Pick up the intensity! Exercise will include at least 20 minutes of moderate to high-level aerobics. Increase cardiovascular fitness, muscle toning, and flexibility in a safe environment.

Day	Time	Member Fee	Resident Fee	Non-Resident
Monday thru Thursday	6:00-6:50 PM	\$3.00	\$5.00	\$6.00
Saturday	9:15-10:00 AM	\$3.00	\$5.00	\$6.00

Aqua Zumba



NEW! 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.

Day	Time	Walk-in Fee	10-Visit Punch Card
Saturday	8:10-9:00 AM	\$6.00	\$50.00

Land and Sea

NEW! The best of both worlds! This class combines pool side exercises, lap swimming, and water exercise in one. Open to all levels, but must be able to swim one lap.

Day	Time	Member Fee	Resident Fee	Non-Resident
Wednesday	9:50-10:30 AM	\$3.00	\$5.00	\$6.00