

WATER IN MOTION

MONDAY / WEDNESDAY / FRIDAY AT 7:00 AM

THIS IS AN ENERGIZING EXPERIENCE IN THE SHALLOW WATER. A CARDIO WORKOUT AND MUSCLE TONING ARE THE EMPHASIS FOR THIS CLASS. WE ENCOURAGE PARTICIPANTS TO WEAR WATER SHOES, BUT THEY ARE NOT REQUIRED. ABILITY TO SWIM IS NOT NECESSARY. PLEASE BRING TOWELS, SHAMPOO AND SOAP

FEE \$1.00 FOR RESIDENTS PER SESSION/\$3.00 FOR NON-RESIDENTS PER SESSION
A CARD WILL BE AVAILABLE FOR PURCHASE AT THE POOL

DEEP WATER CARDIO AND ABS

TUESDAY AND THURSDAY AT 4:45 - 5:45 PM

THE PARTICIPANTS IN THIS CLASS WEAR FLOTATION BELTS FOR BUOYANCY. 25 MINUTES ARE CARDIO EXERCISES, 20 MINUTES TARGETING SPECIFIC MUSCLE GROUPS AND 15 MINUTES ARE SPENT IN THE SHALLOW WATER TARGETING THE CORE MUSCLES. YOU NEED NOT BE A STRONG SWIMMER TO TAKE ADVANTAGE OF THIS CLASS. THE FEE FOR THIS CLASS IS THE SAME AS THE AM CLASS.

POOL USAGE RATES

A NON-RESIDENT ACCOMPANIED BY A VILLAGE RESIDENT IS \$2.00 PER VISIT PER PERSON.

A NON-RESIDENT NOT ACCOMPANIED BY A VILLAGE RESIDENT IS \$5.00 PER PERSON PER VISIT.

A VILLAGE RESIDENT IS ANY PERSON LIVING WITHIN THE VILLAGE LIMITS, RECEIVING A VILLAGE WATER BILL. THIS DOES NOT NECESSARILY INCLUDE ALL OF THE KOHLER POSTAL CUSTOMERS.

