



Water in Motion

Monday-Wednesday-Friday 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 non-residents per session

A card will be available for purchase at the pool. The cost will be \$10.00 for 12 sessions for residents and \$32.00 for non-residents.

Deep Water Cardio and Abs

This class is held on Tuesday and Thursday 5:30-6:30pm

The participants in this class wear flotation belts for buoyancy. Thirty minutes are cardio exercises, 20 minutes targeting specific muscle groups and 10 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 at the AM class.