



# ADULT CLASSES

## ADULT FITNESS CLASS

Participate in an organized lap swim workout intended to increase muscular strength, aerobic endurance, stroke technique and build overall fitness! Qualified coaches offer in-depth analysis and feedback on your stroke and help direct you to a lane with swimmers of similar ability and experience.



## WATER AEROBICS

Water aerobics classes provide high intensity workouts and are an excellent way to meet your fitness goals with less impact on your joints. Classes are designed to appeal to all levels of ability.

### Aqua Running

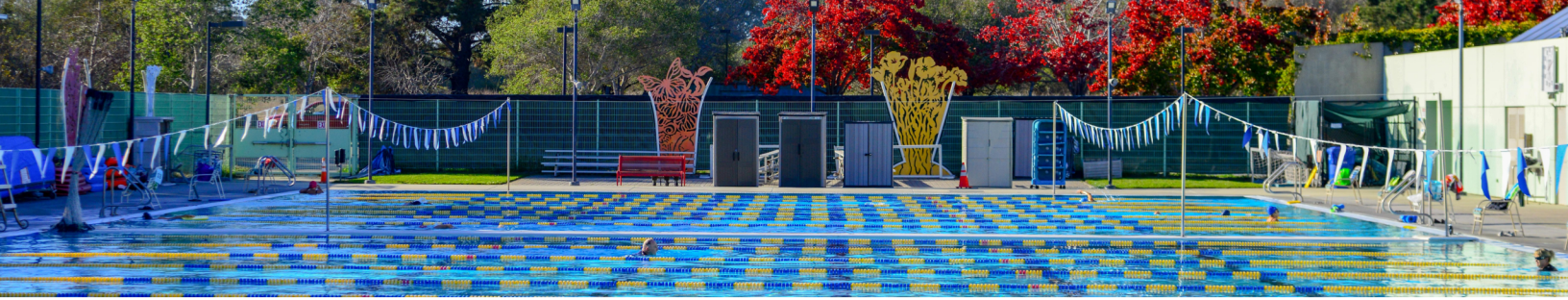
This water aerobics class is a full-body workout involving the legs, arms, shoulders, and core muscles.

### Deep Water Workout

Come join us for a dynamic total-body workout without impact on the joints. This water aerobics class emphasizes good body mechanics, endurance training, and stretching.

### Shallow Water Toning

All levels. This water aerobics class focuses on cardio conditioning, muscle tone, flexibility, and strength in chest deep water.



# ADULT CLASS SCHEDULE

## AQUATICS FITNESS CLASSES

Participate in an organized lap swim workout intended to increase muscular strength, aerobic endurance, stroke technique and build overall fitness!

### Monday, Wednesday, and Friday

6am – 7:15am with Mike

7:15am – 8:30am with Mike

12pm – 1:30pm with QS Coach

### Saturday

9am – 10:15am with Mike

## WATER AEROBICS CLASSES

Water aerobics classes provide high intensity workouts and are an excellent way to meet your fitness goals with less impact on your joints. Classes are designed to appeal to all levels of ability.

### Aqua Running

### Deep Water Workout

### Shallow Water Toning

	Aqua Running	Deep Water Workout	Shallow Water Toning
Monday		12pm – 1pm with Erin	
Tuesday		12pm – 1pm with Karissa	
Wednesday		12pm – 1pm with Erin	
Thursday	12pm – 1pm with Camile		
Friday		12pm – 1pm with Jay	
Saturday			9:15am – 10:15am with Neli

- Class offerings and schedule subject to change.