



# Water Aerobics Schedule October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Erin (Music DW) 12:00pm-1:00pm	2 Neli (DWC) 6:30am-7:30am Jay (DW) 12:00pm-1:00pm Sara (DW) 6:05pm-7:05pm	3 Erin (DW) 12:00pm-1:00pm	4 Jay (DW) 12:00pm-1:00pm Sara (DW) 6:05pm-7:05pm	5 Camille (AR) 12:00pm-1:00pm	6 Neli (S-TS) 10:30am-11:30am Jay (DW) 11:30am-12:30pm
7 Camille (DWC) 11:30am-12:30pm	8 Erin (Music DW) 12:00pm-1:00pm	9 Neli (DWC) 6:30am-7:30am Jay (DW) 12:00pm-1:00pm Sara (DW) 6:05pm-7:05pm	10 Jay (DW) 12:00pm-1:00pm	11 Jay (DW) 12:00pm-1:00pm Sara (DW) 6:05pm-7:05pm	12 Camille (AR) 12:00pm-1:00pm	13 Neli (S-TS) 10:30am-11:30am Jay (DW) 11:30am-12:30pm
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### Deep Water Running (D-WR)

This class provides a vigorous, zero impact workout with many benefits, including an increase in range of motion, as well as improvements in cardiovascular health.

### Deep Water Cardio (DWC)

This class provides a dynamic cardiovascular total body workout, benefits include: calorie burning, range of motion, and endurance aspects.

### Aqua Running (AR)

This class is a full-body workout involving the legs, arms, shoulders, and core muscles. The water is 773 times more resistant than air, so it serves to strengthen all key running muscles, thus increasing your land-running turnover and stride length. The water resists you only as much as you resist it-so you can work out as hard or as easy as you like.

### Deep-Water Workout (DW)

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

### Shallow Water Toning and Shaping (S-TS)

All levels. Focuses on cardio conditioning, muscle tone, flexibility and strength in chest deep water. Warm up may focus on dance, Yoga, and Pilates moves, which expand range of motion and promote joint health. Cardio exercises include movements such as non or low impact running, ski movements, kicks, etc. Class ends with a cool down and more work on flexibility and alignment. This is a full body workout, perfect for people with joint issues or who can't swim but would like the benefits of water exercise.

### Fees

Single Entry \$8.00

10-Entry Pass \$66.50 (Valid for 1 year from date of purchase)

50 Entry Pass \$315 (valid until 12/31/18)

View monthly calendar online at [www.scparks.com](http://www.scparks.com)

Simpkins Family Swim Center

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