



# Water Aerobics Schedule January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 POLAR PLUNGE SPECIAL EVENT  Erin 9:30am-10:30am	2 Erin (DW) 12:00pm-1:00pm	3 Jay (DW) 12:00pm-1:00pm	4 Camille (AR) 12:00pm-1:00pm	5 Neli (S-TS) 10:30am-11:30am Jay (DW) 11:30am-12:30pm
6 Camille (DWC) 11:30am-12:30pm	7 Erin (Music DW) 12:00pm-1:00pm	8 Neli (DWC) 6:30am-7:30am Camille (DW) 12:00pm-1:00pm	9 Erin (DW) 12:00pm-1:00pm	10 Erin (DW) 12:00pm-1:00pm	11 Camille (AR) 12:00pm-1:00pm	12 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)

2019 50 Entry Pass \$315 (valid until 12/31/19)

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

Simpkins Family Swim Center

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