



Water Aerobics Schedule February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Gloria (DW) 12:00pm-1:00pm Gloria (PIL) 6:05pm-7:05pm (Shared Use in the Warm Water Pool)	2 Lynn (DWC) 6:30am-7:30am Lynn (AF) 8:30am-9:15am Jay (DW) 12:00pm-1:00pm Sara (D-TS) 6:05pm-7:05pm	3 Camille (AR) 12:00pm-1:00pm Lynn (DWC) 2:00 – 3:00pm	4 Melissa (S-TS) 10:30am-11:30am Camille (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.

Shallow-Water Workout (S)

Designed to increase endurance, strength, and flexibility through the use of water resistance moves with equipment and interval training.

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.

Toning and Shaping (TS)

This dynamic workout is perfect for all fitness levels. With the use of resistance equipment and cross training exercises the abs, arms and legs are toned and shaped.

The Arthritis Foundation Aquatic Program (AF)

The Arthritis Foundation Aquatic Program is a class designed for people with arthritis and other related diseases as well as sedentary or de-conditioned adults.

Water Pilates (PIL)

Add a new dimension to your water exercise program. Elongate the entire body with unique conditioning exercises. This class is being taught in the 88 degree shallow water pool. All levels of fitness are welcome to this non cardio impact class. Improve posture for overall body awareness. Build a stronger core by moving from the inside out. Water shoes and outer-wear strongly suggested.

Fees

Single Entry \$7.00
20-Entry Pass \$112 / \$123
50-Entry Pass \$263/\$289
100-Entry Pass \$490 / \$539

View monthly calendar online at

www.scparks.com

Simpkins Family Swim Center

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