



**Water Aerobics**  
**6:00-7:00am Mon./ Wed./ Fri.**  
**7:30-8:30am Monday thru Friday**  
**11:30-12:30pm Monday thru Friday**  
**6:30-7:30pm Mon. / Wed. / Fri.**

Fast-paced fun water exercise for adults. Have fun in your workout without stressing your joints. Participants can work at their own pace with the help of an instructor to improve strength and cardiovascular endurance. All classes are performed with fitness music in the 83-84 degree 25 yard lap pool in the shallow and deep end. Aqua Joggers are provided to aid participants in deep water. The class combines elements of sport-related moves, stretching and aerobics. Swimming skills are not required for participation.

**Rusty Hinges 6:00-7:00am Monday thru Friday**  
 This is a slower-paced water exercise class. Emphasis is placed on flexibility and strength conditioning. The class is for people with mobility limitations caused by Arthritis, Fibromyalgia, Diabetes or experiencing general aches and stiffness. The class will increase flexibility, balance, movement, cardiovascular endurance and strengthen/tone your muscles. Class is performed in the 88-90 degree leisure pool. No swimming skills necessary.

**Arthritis H2O Exercise 7:00-8:00am Tuesday / Thursday**  
 This is a slow-paced exercise that follows the guidelines of the Arthritis Foundation and also adds more endurance and resistance exercises. Emphasis is on slow-moving exercises that are gentle on the joints for those mild to moderate joint involvement. The class takes place in the 88-90 degree leisure pool. All instructors are certified by the Arthritis Foundation.

**MAC Masters 11:45-12:45pm Mon. / Wed. / Fri.**  
**6:30-7:30pm Tuesday / Thursday**  
 Individualized swimming instruction for beginners through advanced swimming skills. Swimmers will be given the opportunity to train for competitive swimming through the aid of an experienced coach. Basic swimming skills necessary for participation, i.e. 50 yards continuously.

**FEES**

**Drop In**

	<u>I-D</u>	<u>O-D</u>	<u>Member</u>
Adult	\$6.00	\$7.50	\$3.00
Senior	\$5.00	\$6.50	\$2.00