

Adult Fitness Programs

Fitness Programs – The Aquatic Center offers a variety of adult fitness programs. Dry land classes work on building body core strength, balance, and flexibility to improve quality of life and enjoyment of other activities. Water exercise classes use water resistance and movement to enhance your body's range of motion and raise your heart rate to improve cardiac fitness.

Sessions: Jan 2 - Feb 25 (No classes 2/17)
Feb 27 - Apr 27 (No class 3/9, 3/23 & 4/2-4/6.)

Please Note: Fitness class rates will be prorated for a new participant beginning within a session. Some class sessions are discounted due to holidays or swim meet closures.

Rates:	<u>M/W</u>	<u>T/Th</u>	<u>M/W/F</u>	<u>Sat</u>
Members	\$20	\$20	\$30	\$10
Residents	\$80	\$80	\$120	\$40
Non-Residents	\$100	\$100	\$150	\$50

A per visit (drop in) rate is available for those who prefer not to sign up for an entire session.

Drop in: Members \$3, Non-Members \$8.50

Water Exercise Classes

Aqua Aerobics (low)

This class is designed to increase flexibility and muscle tone, with some cardio conditioning. Deep and shallow water areas will be used. Instructor: Barb Appledorn

Tues & Thurs 7:00 - 8:00 a.m.

Deep & Shallow Combo (No class 2/16) (low)

This group works in deep and shallow water with equipment to improve strength and flexibility, range of motion, and to slightly elevate heart rate. Instructor: Barb Baldwin

Tues & Thurs 8:00 - 9:00 a.m.

Deep Water Aerobics (medium)

Deep Water provides maximum resistance for a great aerobic workout and is a perfect way to increase muscle tone, strength, and flexibility in a non-impact workout. Instructors: Kim Evans (a.m.)/Jodi Evenson (p.m.)

Mon-Wed-Fri 7:30 - 8:30 a.m.

Mon & Wed 6:00 - 7:00 p.m.

Making Waves (medium)

A combination of shallow and deep water providing a great cardio workout. Emphasis is on raising the heart rate and maintaining a faster pace. (411010) Instructor: Kim Evans

Mon-Wed-Fri 9:30 - 10:30 a.m.

Water Works (In our Therapy Pool) (low)

Gentle, safe water exercise in warm water! This program is ideal for reducing stiffness and joint pain, and working the body in a safe manner. (411041) Instructor: Kim Evans

Mon-Wed-Fri 11:45 a.m. - 12:30 p.m.

Dry Land Exercise Classes

Booty Busters (Begins 2/27) (medium-high)

This cardio-based toning class is not your mother's squats and lunges! You'll use a combination of step aerobics, light jumping, and body-weight exercises to shape and tone your lower body, all to the musical melodies of current and past hits. Instructor: Sara TenBrink

Mon & Wed 5:30 - 6:15 p.m.

Dry Land for Competitive Swimmers (no class 2/16)

This class is designed for ages 10 and up to learn and practice dry land training for swimmers. The focus will be on teaching proper technique and form to prevent injury and maximize the effectiveness of dry land training. Instructor: Sara TenBrink

Tues & Thurs 6:45 - 7:30 p.m.

Framework (medium)

True fitness needs to be from the foundation up! This class focuses on alignment of the structural elements of the body and includes strength and flexibility training while improving balance and coordination. (411040) Instructor: Kim Evans

Mon-Wed-Fri 8:40 - 9:25 a.m.

Power Core (medium)

Use elastic bands, balls, and weights to strengthen your core and major muscle groups. You will achieve greater flexibility, better balance and improved muscle tone.

Instructor: Sue Beckman

Tues & Thurs 6:15 - 7:00 a.m.

Total Abs (Begins 2/27) (medium-high)

Get a great ab workout with and without equipment. Develop the muscle tone you've been looking for!

Instructor: Sara TenBrink

Mon & Wed 6:30 - 7:15 p.m.

Zumba (No class 2/16) (medium-high)

A fun-filled cardio dance class put to a Latin beat. Learn the basic steps of several Latin dances while burning calories and having fun! Instructor: Sara TenBrink

Tues & Thurs 5:30 - 6:15 p.m.

Big Yoga (next class 2/25) (medium)

An adapted yoga class for anyone challenged by extra weight, stiffness, injury, or disability. You don't have to be thin to enjoy the benefits of yoga! Instructor: Meera Kerr

Sat 9:30 - 10:45 a.m.

Hatha Yoga (next class 2/25) (medium)

High performance stretching, guided relaxation and therapeutic breathing helps to tone muscles, remove toxins, and create a feeling of well-being. Instructor: Meera Kerr

Sat 8:05 - 9:20 a.m.