




AQUATIC GROUP EXERCISE CLASSES

Effective: September 1, 2008

Times & Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 am Lap Pool	1-3 H2O Circuit Training <i>Must Register W/Karen Sue</i>	3 Swim Tech (8:30-9:15) <i>Must Register W/Karen Sue</i>	1-3 H2O Circuit Training <i>Must Register W/Karen Sue</i>	3 Swim Tech (8:30-9:15) <i>Must Register W/Karen Sue</i>		1 Hydro Fit Jackie
12:00-12: 50 pm Exercise Pool			1 -2 Noon Water Exercise Karen Sue		1-2 Noon Water Exercise Karen Sue	
1:30-2:15 pm Exercise Pool		1-2 Arthritis/ Nice & Easy Mary Ann		1 -2 Arthritis/ Nice & Easy Mary Ann		
4:45-5:30 pm Exercise Pool	1 ABC Karen Sue		1 -2 Active Arthritis Mary Ann			
6:00-6:50 pm Exercise Pool	1 ABC Mary Ann	1 Hydro Fit (Lap Pool)	3 YOUTH Family Fitness (6:00 – 6:30) <i>Must register with Karen Sue</i>	1 Hydro Fit (Lap Pool)	1 -2 Friday Night Aqua Fun! Mary Ann	
7:00-7:45 pm Lap Pool		Paid Program Pregnancy H2O <i>Sign up @ Service Desk</i>				

CLASS DESCRIPTIONS:

ABC: (Aquatic Body Conditioning)/Friday Night Fun: Designed for all fitness levels! Low Intensity, full body workout with resistance training.

Noon Water Exercise: This 50-minute class will consist of a low to moderate impact cardiovascular workout. Equipment will be used.

Hydro Fit: Power Intensity workout using water resistive equipment in the deep water with no impact to strengthen and tone all muscle groups. Not recommended for students who are pregnant or who experience low back pain. (Jogging belts are a great alternative.)

Nice & Easy “ Cardio” Arthritis Class: You'll enjoy this nice & easy flowing, cardiovascular training workout with full range-of-motion movements that enhance muscle tone, mobility and flexibility.

H2O Circuit Training: A 15-minute warm-up, a 30-minute cardio & strength training work out and a 15-minute cool down.

Youth Family Fitness: A 30-minute fun cardio workout for the whole family.

Pregnancy H2O: This class is designed for pregnant women who want a safe & effective workout. **(Must have Medical consent form from OB/GYN Physicians in order to participate).** Questions regarding the Pregnancy Classes contact Sheri Shon-Group Exercise Director.

1 free classes for BAC members

2 Punch card participants are permitted to attend the classes that are designated with #2.

3 fee class for members and non-members – Sign up with Karen Sue Mackaluso at ext. 266 for these classes!

*****Please note: Schedules are subject to change due to instructor availability and class sizes less than 8 participants.*****