

<p><u>Aqua Zumba®</u> \$25/month (Activity Pool) 11:30 am – 12:25 pm; Tuesday, Thursday (<i>Gamez</i>) Integrating the Zumba formula and philosophy with traditional water fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. This is a Silver & Fit class.</p>	<p><u>SilverSneakers® - Splash</u> (Activity Pool) 10:30 am – 11:25 am; Tuesday, Thursday. (<i>Copeland</i>) 11:30 am – 12:25 pm; Monday, Wednesday, Friday (<i>Neagle</i>) This class offers shallow water movements that improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special kickboard is used to develop strength, balance and coordination. Non-SilverSneakers member must pay to enroll.</p>
<p><u>Arthritis Foundation</u> \$25/month (MWF), \$20/month (T/Th) (TP) 9:00 am – 9:55 am; Tuesday, Thursday (<i>Stoner</i>) 1:00 pm – 1:55 pm; Monday, Wednesday, Friday (<i>Armstrong</i>) The purpose of this class is to exercise within your capabilities in a warm water setting. You will increase muscle strength and flexibility and minimize stiffness.</p>	<p><u>Water Aerobics</u> \$25/month (MWF), \$20/month (T/Th) (TP) 10:00 am-10:55 am; Monday, Wednesday, Friday (<i>Shork/Johnston</i>) 2:00 pm–2:55 pm; Monday, Wednesday, Friday (<i>Bridges</i>) 4:30 pm – 5:25 pm; Tuesday, Thursday (<i>Bridges/Moyer</i>) 5:30 pm–6:25 pm; Monday, Wednesday (<i>Moyer, Copeland</i>) This class will include different variations of movements to improve heart health, coordination, balance and strength.</p>
<p><u>Hydro Fit – Noodle Workout</u> \$25/month (AP) 10:30 am – 11:25 am; Monday, Wednesday, Friday (<i>Shork</i>) This workout is a medium to heavy impact workout designed to improve all over body tone and flexibility as well as improve cardio-conditioning. This noodle workout is made fun by the sounds of all your favorite music tunes.</p>	<p><u>Water Fit</u> \$20/month (Activity Pool) 9:30 am-10:25 am; Tuesday, Thursday (<i>Copeland</i>) This low impact class is designed to improve your cardiovascular condition, endurance, and enhance your all around fitness. Equipment may be used at times.</p>
<p><u>Joints In Motion</u> \$25/month (Therapy Pool) (<i>Shork</i>) 7:30 am - 8:25 am; Monday, Wednesday, Friday or 9:00 am – 9:55 am; Monday, Wednesday, Friday Exercise to enhance flexibility, balance, posture, range of motion, coordination and increase circulation.</p>	<p><u>Water Strength</u> \$20/month (Therapy Pool) 5:30 pm - 6:25 pm; Tuesday, Thursday (<i>Bridges/Moyer</i>) You will strengthen and tone all your muscles in this workout in the water. Equipment will be used for added resistance with a little bit of cardio training added on for your heart.</p>
<p><u>Lap Swim</u> FREE (Activity Pool) Lane sharing is necessary and expected. Please be courteous!</p> <p><u>Open Swim</u> FREE (Activity Pool & Therapy Pool) The pools are open for the general use for all members any time there is no scheduled activity.</p>	<p>»Please shower before entering the pool.</p> <p>»Pool shoes are required on decks and in locker rooms.</p> <p>»Lane sharing is necessary and expected. Please be courteous!</p>