

Water Aerobics Classes

Joint Efforts:

Mon, Wed, and Fri 8:00am-8:55 am
Mon through Fri 9:00am-9:55am
Mon, Wed, and Fri 11:00am-11:55am

*Therapy pool closed to non class participants if 15 people are in the class



Aquacise:

Mon, Wed, and Fri 6:00am-6:55am
8:00am-8:55am
9:00am-9:55am
Tue and Thur 8:00am-8:55am
9:00am-9:55am
Saturday 9:05am-10:00am

Raging River:

Mon and Wed 6:00pm-6:55 pm
*Leisure pool is open to only class participants during this time.

Deep Water:

Mon, Wed, and Fri 8:00am-8:55am
Tue and Thur 6:00pm-6:55pm

Adult Volleyball:

Friday 10:00am-10:30am

Drop In:

Adult \$6.00
Senior \$5.00

Coupon book:

Adult \$105.00
Senior \$80.00

Water Aerobic Pass:

*3 months unlimited use
Flat rate \$100.00

Annual memberships:

Adult \$275.00
Senior \$225.00
2 Person \$325.00
Family \$500.00

Water Aerobic Class Levels

1 Beginner - 3 Advanced

1: Joint Efforts, located in the Therapy pool at 94°

Low impact, resistance and range of motion exercises

2/3: Aquacise, located in the Leisure pool at 86°

Moderate to fast paced exercise working with and against the river

3: Deep Water, located in the Lap pool at 82°

Water treading with a variety of equipment

3: Raging River, located in the Leisure pool at 86°

Advanced class working with and against the river

*All water aerobic classes are intended for adults age 18 and older. High school students 16 and older may participate if they have a current doctor referral on file. These classes may be cancelled on holidays.

