



# AQUATIC GROUP EXERCISES CLASSES

Schedule Effective: September 14, 2009

Times & Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 am Lap Pool	X-Y-Z H2O Circuit Training  Begins 9-14-09		X-Y-Z H2O Circuit Training  Begins 9-16-09			X Hydro Fit  Jackie
12:00 -12: 45 pm Exercise Pool			X-Y Noon Water Exercise  Karen Sue		X-Y Noon Water Exercise  Karen Sue	
2:00 – 2:45 pm Exercise Pool		X-Y Arthritis/ Nice & Easy  Mary Ann		X-Y Arthritis/ Nice & Easy  Mary Ann		
4:45-5:30 pm Exercise Pool	X ABC  Amy		X-Y Active Arthritis/  Mary Ann			
6:00-6:50 pm Exercise Pool	X ABC  Mary Ann	X Hydro Fit (Lap Pool)  Jackie	X-Z Wednesday Night Aqua Fun! Liz Begins 9-16-09	X Hydro Fit (Lap Pool)  Jackie	X-Y-Z Friday Night Aqua Fun!  Mary Ann	
7:00-7:45 pm Lap Pool		Paid Program Pregnancy H2O  <i>Sign up @ Service Desk</i>				

**X = free classes for BAC members**  
**Y= Punch card participants are permitted to attend the classes that are designated with “Y”.**  
**Z = fee class for non-members – Sign up with Karen Sue Mackaluso at ext 266 for these classes!**

## CLASS DESCRIPTIONS:

**ABC (Aquatic Body Conditioning):** 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 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 45-minute circuit of cardio & strength training followed by a cool down.

**AQUA FUN NIGHTS:** Two nights of aqua fun for pre-teens, adults and families.

**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 should be directed to Sheri Shon-Group Exercise Director.

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