

2016 WATER FITNESS SCHEDULE: July 19 - August 16

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:50a	Shallow Water - <i>Donna G</i> North Pool	Deep Water - <i>Christiane</i> South Pool	Shallow Water - <i>Donna G</i> North Pool	Deep Water - <i>Christiane</i> South Pool	Shallow Water - <i>Donna G</i> North Pool	
11:00-11:50a	Deep Water - <i>Barb</i> SOUTH POOL		Deep Water - <i>Barb</i> SOUTH POOL		Deep Water - <i>Barb</i> SOUTH POOL	

2016 WATER FITNESS SCHEDULE: August 17 - August 26

9:00-9:50a	Shallow Water - <i>Donna G</i> North Pool		Shallow Water - <i>Donna G</i> North Pool		Shallow Water - <i>Donna G</i> North Pool	
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Water Fitness Class Descriptions:

Shallow Water	Low-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.
Deep Water	You will learn to use the water's resistance and buoyancy to increase muscle tone, endurance, and flexibility. This non-impact environment allows you to protect your joints while building cardiovascular fitness.

Noodles, bars, bells, boards, and balls will be provided in class. Shoes not provided. Gloves available for purchase at Front Desk.

Passes	DCRC Member	Guest
Trial Pass	\$8.00	\$8.00
10 Class Pass	\$35.00	\$50.00
20 Class Pass	\$50.00	\$65.00
Unlimited Monthly Pass	\$40.00	\$50.00

No Classes on Monday, July 4, 2016