Fall 2020
Water Fitness

*Starting September 14

Time	MONDAY	TUESDAY	WENDESDAY	THURSDAY	FRIDAY
Arthritis Leisure Pool		11:45a-12:45p **Barb M**		11:45a-12:45p **Barb M**	
AQ Mix Up Leisure Pool	9:45a-10:45a **Donna**		9:45a-10:45a **Donna**		9:45a-10:45a **Donna**
AQ Zumba Lap Pool				9:45a-10:45a **Cindy**	
Happy Hour Leisure Pool	3:45p-4:45p **Merle**		3:45p-4:45p **Merle**		3:45p-4:45p **Merle**
River Challenge Leisure Pool		3:45p-4:45p **Barb B**		3:45p-4:45p **Barb B**	
Shallow Water Shake Down Lap Pool	11:45a-12:45p **Barb M**		11:45a-12:45p **Barb M**		11:45a-12:45p **Barb M**
***White Water Workout** Lap Pool	9:45a-10:45a **Barb B**		9:45a-10:45a **Barb B**		9:45a-10:45a **Barb B**

Class denoted by (*) take place in deep water.

Friendly Reminders

1. Class schedule is subject to change.
2. Facing covering are required to be worn at all times, except for in the pool.
3. Participants can register (48) hours in advance of class time, class registration closes (30) minutes prior to class start time.
4. Participants must obtain a Water Fitness pass before registering.
5. All participants **MUST** scan their water fitness pass at the check-in desk before class**.**
6. Please come ready to swim as there will be limited space in the locker rooms for changing, showers are closed.

Water Fitness Class Descriptions:	
Water Fitness Classes: All classes require a Water Fitness pass	
Arthritis Foundation Program	Program designed to safely keep joints moving and improve your sense of well-being. Class will allow you to exercise without putting excess strain on your joints and muscles. Gentle activities in warm water help you gain strength and flexibility. All instructors are trained and certified through the Arthritis Foundation.
Aquatic Mix Up	A variety of exercise styles to work the total body all while having a blast.
Aqua Zumba	Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Benefits. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.
*Deep Water Intervals	Join this high intensity class that features interval training, core strengthening and endurance exercise in a noncompetitive setting. We promise to raise your heart rate, and have fun in the process. Flotation belts and other equipment is provided.
Happy Hour	Join a fun filled water workout class that's after school and before dinner. Lose stress through variety of moves and stretches guaranteed to relieve tension and improve your outlook.
River Challenge	This class strives to improve muscle toning, flexibility, cardiovascular fitness, endurance, build muscle strength while maintaining good posture. The added component is the current in the river which automatically produces resistance.
*White Water Work Out	Participants use full body movements in the deep lanes to put "motion in the ocean". No class is ever the same.

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

No Classes
November 25, 26, 27
December 24, 25,31
January 1

Pass Type		
Passes	**DCRC**	**Guest**
10 Class Pass	$45.00	60.00
20 Class Pass	$70.00	85.00
Unlimited Monthly Pass	$50.00	N/A