



WATER	FITNESS	<u>DROP IN</u> MARCH 2019	CLASS	SCHEDULE	
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DROP-IN CLASS REGISTRATION BEGINS A MAXIMUM OF 20 MINUTES BEFORE CLASS START TIME

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Free Day Mar 16
7:00 AM S/D*	Aqua Arthritis Carolyn K.		Aqua Arthritis Carolyn K.		Aqua Arthritis Carolyn K.	
7:00 AM S/D*	Deep Water Debbie P.		Deep Water Maureen S.		Deep Water Debbie P.	
8:00 AM		Deep Water Maureen S.		Deep Water Judy F./Staff.		
9:00 AM		Deep Water Maureen S.		Deep Water Judy F./Staff		Deep Water Rhonda S.
10:00 AM		Aqua Arthritis Carolyn K.		Aqua Arthritis Carolyn K.		
11:00 AM S/D *	Aqua Arthritis Ademu C.		Aqua Arthritis Ademu C.		Aqua Arthritis Ademu C.	
11:00 AM S/D*	Deep Water Judy F.		Deep Water Judy F.		Deep Water Judy F.	
11:00 AM S/D *	Water Aerobics Maureen S.		Water Aerobics Maureen S.		Water Aerobics Maureen S.	
12:15 PM	Rhythms of Zumba Gloria C.		Rhythms of Zumba Gloria C.			
6:15PM		Deep Water Rhonda S.		Deep Water Gloria C.		
7:00 PM	Aqua Challenge Paula V.		Water Aerobics Rhonda S.		Hydro Pilates Kim H.	
7:15 PM		Water Aerobics Rhonda S.		Water Aerobics Gloria C.		

FREE DAY: Saturday, March 16, 2019

DESCRIPTION OF CLASSES ON REVERSE SIDE

Schedule of classes is subject to change without notice

S/D marked time slots indicate a class that is offered as a SAFE/Drop-In Class – SPACE IS LIMITED

CLASS FEES	SENIORS			
	Resident	Non Resident	Resident	Non-Resident
Drop-In	\$7 per class	\$10 per class	\$6 per class	\$8 per class
10 Classes	\$60	\$78	\$50	\$65
30 Classes	\$168	\$219	\$138	\$180

**Flotation Belt needed for Deep Water Classes
(Limited number of belts available for class use on the floor)**



**The Maryland-National Capital Park & Planning Commission
Department of Parks and Recreation**

DESCRIPTION OF CLASSES OFFERED

AQUA ARTHRITIS (Shallow) All Fitness Levels

Aqua Arthritis increases range of motion, flexibility, muscle strength, cardiovascular health through joint protected exercise. Posture alignment, body awareness, injury/surgery rehabilitation is emphasized and recommended for individuals with arthritis, chronic pain and muscle fatigue.

AQUA CHALLENGE (Shallow) All Fitness Levels

Invigorating shallow water workout to music using equipment – A good core workout.

AQUA SPIN – All fitness levels (Registered)

Aqua spin patrons receive the benefits of water for a strenuous and vitalizing workout! Aqua bikes are designed to give constant resistance when pedaling and resistance will also increase with speed. Incredible benefits include: high caloric burn, lean muscle building, increased circulation and cellulite reduction. Combined with cardio and lower body conditioning - and low impact on joints – get ready to have fun! Aqua shoes are mandatory.

DEEP WATER - All fitness levels

Deep Water Aerobics patrons experience a non-impact aerobic workout in 9-13 feet of water. Swimming experience is not required as a flotation belt is worn around the waist. The class consists of water aerobics, relays, interval training and circuit exercises to provide a full body workout. The respiratory and cardiovascular systems are emphasized. It is also an excellent class to help tone the tummy, thighs, glutes and upper body. . Pre-natal and post-natal, arthritis, and injury/surgery rehabilitation patrons will benefit from this class.

HYDRO PILATES – (Shallow) All fitness levels

This class is a non-impact strengthening and stretching exercise class. The movements require precise breathing and muscle control. Hydro Pilates strengthens the body, relaxes the mind and relieves stress.

RHYTHMS OF ZUMBA - (Shallow) Moderate-High Intensity

Exercise to Latin music and rhythms combining fitness and dance. Gets your metabolism up and aids in weight loss. Fast moving and fun.

WATER AEROBICS - (Shallow) All fitness levels

Shallow Water Aerobics in 4 feet of water provides a cardiovascular workout while minimizing knee, ankle and hip joint stress. Individuals with arthritis, minor joint strain, and minor physical injuries will benefit from this class. Shallow water aerobics with different types of music will motivate patrons to experience a variety of workouts and achieve overall physical fitness.

S. A. F. E. - (Shallow and Deep)

The *Senior Aquatics Fitness Enthusiasts* program is for those 60+ who are interested in getting in shape, maintaining their current level of fitness or just having a good time. The classes meet on Monday, Wednesday and Friday for approximately 12 weeks. *Patrons must pre-register for these classes. See S.A.F.E. brochure for session dates and fees.*