

## Water Aerobics

A shallow water medium intensity workout, using water and equipment for resistance, toning muscles, and increasing endurance and flexibility. This is a full body workout, a combination of cardio respiratory, muscle conditioning, and interval training. This class is for all ages and all abilities. Class Requirements: Aqua Shoes (not Aqua Socks) **Ages 18 & Up**

Program#: 365140

Min/Max: 6/6

Fee: \$40.00(R), \$45.00(NR)

Registration Deadline: One week before the start of each section

15% discount for Fitness Center pass holders

Section#: 01

Date: September 14-October 19

Section#: 02

Date: November 2-December 7

Section: 03

Date: December 21-January 25

Time: 8:00-8:50am

Day: Monday