

Water fitness classes are purchased by the session (16 visits). Registration is open for the entire year, and participants may feel free to register and pay in advance for as many sessions as they would like. All sales are final, except in the case of hospitalization or other health-related injuries. Payment should be made by the 1st week of each session.

AQUA-ARTHRITIS: This is a non-aerobic water exercise class designed to work each joint through its full range of motion. This class is designed to help with problems associated with arthritis, multiple sclerosis and fibromyalgia.

Monday, Wednesday and Friday	11:00 am – 12:00 pm
------------------------------	---------------------

HYDROMANIA: This shallow water fitness class combines water resistance exercises and aerobic activity for a total body workout. Exercise intensity is moderate.

Monday, Wednesday and Friday	8:00 am – 9:00 am
	9:00 am – 10:00 am
Monday, Wednesday and Friday	9:00 am – 10:00 am

DEEP IMPACT: This deep-water class gives a total body aerobic workout, with cardiovascular conditioning as well as strength training. Great for building stamina and helping your joints.

Monday, Wednesday and Friday	8:00 am – 9:00 am
------------------------------	-------------------

AQUA-COMBO: This class combines deep and shallow water exercises for a total workout. Swimming ability is advised but not necessary.

Tuesday and Thursday	6:30 pm – 7:30 pm
----------------------	-------------------

Fees (pay by the session):

Members:	\$ 28.00
Potential Members in the city limits:	\$ 32.00
Potential Members outside the city:	\$ 40.00