

## 7. Swim

### Aqua Fitness

45 Minute H2O Blitz    Age: 18Y and up

Jump in for a high intensity, low impact workout! Swim lengths, water aerobics and water running for total-body conditioning. Note: Deep water activities incorporated.

45 Minute H2O Blitz

M	Jan 9-Feb 27	08:15 PM-09:00 PM	\$67/7	[23636]
M	Mar 5-Apr 23	08:15 PM-09:00 PM	\$67/7	[23637]

Aqua Zumba    Age: 16Y and up

Aqua Zumba brings the excitement of Latin rhythms and easy to follow dance moves to the water. Ideal for people just starting out, those with joint concerns or individuals recovering from injuries. Enjoy the fun of Zumba with less impact and more splash!

## Aqua Zumba

Tu	Jan 10-Feb 28	08:00 PM-08:45 PM	\$104/8	[23646]
Tu	Mar 6-Apr 24	08:00 PM-08:45 PM	\$104/8	[23647]

## Baby and You Aquasize Age: 18Y and up

Splash your way to fitness with safe and fun water exercises you can do with your baby. Basic aerobic conditioning, strengthening and stretching. Babies 6M - 18M.

### Baby and You Aquasize

Tu	Jan 10-Feb 28	10:15 AM-11:00 AM	\$76/8	[23607]
Th	Jan 12-Mar 1	10:15 AM-11:00 AM	\$76/8	[23608]
Tu	Mar 6-Apr 24	10:15 AM-11:00 AM	\$76/8	[23610]
Th	Mar 8-Apr 26	10:15 AM-11:00 AM	\$76/8	[23609]

## Masters Swim Club Age: 14Y and up

Fun! Fitness! Friends! Water! This brand new program teaches swimming skills, enhances fitness and is a great place to meet fellow swimmers. Train for both distance and speed as well as competition starts and turns.

Tu, Th	Jan 10-Apr 26	06:45 PM-08:00 PM	\$250/32	[24079]
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## Pool-ates Age: 16Y and up

Experience Pilates in the water! Teaches basic Pilates principles with focus on learning and using proper techniques for core strength and flexibility.

### Pool-ates

W	Jan 11-Feb 29	08:15 PM-09:15 PM	\$89/8	[23676]
W	Mar 7-Apr 25	08:15 PM-09:15 PM	\$86/8	[23677]

## Prenatal Aquafit Age: 18Y and up

Calling all Moms-to-be! This is your chance to maintain and improve your fitness in a fun workout, tailored specifically to the needs and abilities of your changing body. In water cardio, strength and flexibility exercises improve circulation and extend kindness to your joints and muscles. Leave the class feeling rejuvenated, knowing that you've accomplished a workout that benefits both you and your baby.

### Prenatal Aquafit

M	Jan 9-Feb 27	11:05 AM-12:00 PM	\$91/7	[23626]
M	Mar 5-Apr 23	11:05 AM-12:00 PM	\$91/7	[23630]