



# WATER FITNESS

## Winter- Spring 2018

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Sunday</u>
9:00 AM	Water Fit w/ Barbara	Water Fit w/ Nancy	Water Fit w/ Martin	Water Fit w/ Deanna	Water Fit w/ Maureen	
12:00 PM	Basic Aquatics w/ Marlene	Basic Aquatics w/ Sara		SilverSplash Sara	(12:15 PM start) Basic Aquatics w/ Marlene	
6:30 PM	Deep H2O Cardio w/ Adrian		Water Fit w/ Betty			

### CLASS DESCRIPTIONS:

**Water Fit** - A cardio-based workout that uses the resistance of the water to add intensity and enhance strength.

**Basic Aquatics** - A slower-paced water fitness class. Movement emphasizes gentle range of motion for all joints of the body.

**Deep H2O Cardio**- fast-paced water workout in the deep end. You'll travel through the water during a series of quick intervals with short recoveries between. Belts or noodles are worn to support proper posture and allow you to focus on strength & speed. All ages can participate and students are encouraged to pace themselves during the hour.

**SilverSplash** - Splash offers lots of fun and shallow water moves to improve flexibility, and cardio endurance. No swimming ability is required, and a special kickboard is used to develop strength, balance, and coordination.

*Basic Aquatic and Silver Splash classes are 45 minutes. All other water fitness classes are 1 hour.*



**Red Flag Policy:** This class is currently performing significantly below our standardized attendance target. If attendance does not improve, this class will be removed from our schedule.

*Children are not allowed in the pool during Water Fitness classes, except during the 6:30 pm classes or if they are lap swimming.*

**Questions?**  
fitnessclasses@atlantajcc.org  
or 678.812.4025

**Sports Desk - 678.812.4020**  
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