



WATER FITNESS Summer 2018

**Sunday WaterFit!
10-11 am at
OUTDOOR POOL
(starts June 3)**

	<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	10:00 AM start: Water Fit w/ Betty OUTDOOR POOL!
12:00 PM	Basic Aquatics w/ Marlene	Basic Aquatics w/ Sara		Silver Splash Sara	(12:15 PM start) Basic Aquatics w/ Marlene	
6:30 PM	Deep H2O Cardio w/ Adrian		★ Water Fit w/ Marlene OUTDOOR POOL!			

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.


Silver Splash - 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.

Questions?

Email:
fitnessclasses@atlantajcc.org

MJCCA Contact Info

Membership: 678-812-4060
Front Desk: 678-812-4000
Sports Desk: 678-812-4020

 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.