

# Pool-Group Exercise

## GROUP EXERCISE AQUA CLASSES MARCH 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	*Extreme Workout		*Retro Waves		*Splash Surprise	*Extreme Workout
9:30am		*Aqua Power		*Splash Surprise		
10:00am	*Sea Stride		*SILVERSNEAKER® SPLASH		*SILVER & FIT®	
10:30am		*Arthritis Class		*Arthritis Class		
11:00am					Private Class ←	No class 3/30
5:30pm	*Splash Surprise	*Extreme Workout	© Adaptive Add' fee	*Splash Surprise		

Classes/Babysitting times subject to changes without prior notice!

**WEDNESDAYS/FRIDAYS**  
10:00AM  
**FREE** for SilverSneakers® and Silver & Fit® Members

\*Babysitting Available

**SilverSneakers Splash®** - Shallow water moves to improve agility, flexibility and cardio endurance.

**Silver & Fit®**- A low impact class for anyone with arthritis or joint disorders. This Program is offered in cooperation with the Arthritis Foundation.

© Adaptive- Special needs clients can enjoy an hour of water games and fitness. Additional fee.

Arthritis Class- A low impact class (walking, range of motion, strength and endurance) for anyone affected by the symptoms of arthritis or joint disorders. This program is offered in cooperation with the Arthritis Foundation.

Sea Stride- A low intensity aqua aerobic class designed for beginners, seniors and/or infrequent exercisers.

Extreme Workout- Kick it up a notch...your fitness level that is! Intermediate/Advanced.

Retro Waves- Aerobics to music from the 60's, 70's & 80's. All Levels

Aqua Power- Build strength and endurance using aquatic exercise equipment. All Levels

Splash Surprise- Be ready for anything: Interval, Circuit, Tabatas, etc. All Levels

**Holiday pool hours:**

3/30 Friday 5am-noon  
& 3pm-6:30pm

3/31 Saturday 7am-10am

4/1 Sunday CLOSED

Like us on Facebook!!!  
Aerobic Center Lynchfield

**BINGO FUNDRAISER**

AT HOSE CO. #7,  
East Pittsburgh Street  
Saturday, March 24, 2018  
Tickets: \$25 available at  
the Front Desk

**Holiday Aqua Classes**

3/30 Friday 9am & 10am

3/31 Saturday 9am

**The Aerobic Center**  
Lynch Field ★ Greensburg, PA

526 NEW ALEXANDRIA ROAD 724-834-2153  
aerobiccenter.org