

Pool-Group Exercise

GROUP EXERCISE AQUA CLASSES DECEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	*Extreme Workout		*Retro Waves		*Splash Surprise	
9:30am		*Aqua Power		*Splash Surprise		
10:00am	*Sea Stride		* SILVERSNEAKER® SPLASH		* SILVER & FIT®	
10:30am		*Arthritis Class		*Arthritis Class		
11:00am					Private Class	
5:30pm	*Splash	*Extreme Workout		*Splash		

Classes/Babysitting times
subject to changes
without prior notice!

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

*Babysitting
Available

HOLIDAY HOURS:	CENTER	POOL
12/24 SUN.	7AM-NOON	7AM-11AM
12/25 MON.	CLOSED	CLOSED
12/26 TUES.	7AM-8PM	7AM-7PM
12/30 SAT.	7AM-12PM	7AM-11AM
12/31 SUN.	7AM-NOON	7AM-11AM
1/1/18 MON.	9AM-2PM	9AM-1PM

NO CLASSES: 12/22 (FRIDAY) OR 12/26 (TUESDAY)

SPECIAL HOLIDAY CLASS TIMES
DEC 18-21 9AM & 9:30AM ONLY
DEC. 27-29 9AM & 9:30AM ONLY

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.

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

Ultimate Intervals- Vigorous aerobic workout, alternating between high and low levels of intensity in timed sequences. Advanced

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

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

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

The Aerobic Center
Lynch Field ★ Greensburg, PA

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