

# Pool-Group Exercise

## GROUP EXERCISE AQUA CLASSES MAY 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		<u>*SILVERSNEAKER SPLASH®</u>		<u>*SILVER &amp; FIT®</u>	
10:30am		*Arthritis Class	<div style="border: 1px solid black; padding: 5px; text-align: center;">           Try Something NEW!            Special Water Aerobics Class            with Colleen            Wednesday, May 30th            6-6:30am         </div>	*Arthritis Class		
11:00am					Private Class	
5:30pm	*Splash Surprise	*Extreme Workout	<u>Adaptive</u> additional fee	*Splash Surprise No class on 5/24		

Classes/Babysitting times subject to changes without prior notice!

**WEDNESDAYS/FRIDAYS at 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:

5/24 5AM-3PM  
 5/25 5AM-3PM  
 5/26 7AM-11AM  
 5/27 7AM-11AM  
 5/28 7AM-11AM

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

526 NEW ALEXANDRIA ROAD  
[aerobiccenter.org/724-834-2153](http://aerobiccenter.org/724-834-2153)  
 Like us on Facebook  
 Aerobic Center Lynchfield

### No classes:

Thur. 5/24 at 5:30pm  
 Monday 5/28 at  
 9:00am, 10:00am &  
 5:30pm