

Pool-Group Exercise

GROUP EXERCISE AQUA CLASSES December 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am	*Extreme Workout	*Aqua Power	*Retro Waves	*Splash Surprise	*Splash Surprise	*Extreme Workout
10:00am	*Sea Stride	*Arthritis Class	*SILVERSNEAKER SPLASH®	*Arthritis Class	*SILVER & FIT®	
11:00am					Extreme Workout	
WEDNESDAYS and FRIDAYS at 10:00am FREE for SilverSneakers® and Silver & Fit® Members					*Babysitting Available Classes/Babysitting times subject to changes without prior notice	
5:30pm	*Splash Surprise	*Extreme Workout		*Splash Surprise		

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

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

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

Holiday Pool Hours & Classes

Monday, 12/24	7-11am— No Aqua Classes
Tuesday, 12/25	CLOSED
Wednesday, 12/26	7am-7pm— regular Aqua Classes
Monday, 12/31	7-11am— No Aqua Classes
Tuesday, 1/1/19	9am-1pm— No Aqua Classes

Holiday classes

Day	Date	Aerobic Studio	Pool	Cycle Studio
Mon	Dec 24th	8:00 BodyCombat® w/ Kathy & Holly 9:15 Power Pump w/ Alicia	No classes	8:00 w/ Alicia
Tues	Dec 25th	CLOSED	CLOSED	CLOSED
Wed	Dec 26th	9:00 Retro w/ Marianne 10:00 Power Pump w/ Amy	Regular classes 9:00 Retro Waves 10:00 Silver- Sneaker Splash®	9:00 w/ Giana 5:30 w/ Andrea
Mon	Dec 31st	8:00 BodyCombat® w/ Kristen & Holly 9:15 Power Pump w/ Alicia	No classes	8:00 w/ Alicia
Tues	Jan 1, 2019	10:00 Power Pump w/ Amy	No classes	10:00 w/ Jim