

Pool-Group Exercise

GROUP EXERCISE AQUA CLASSES OCTOBER 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		<u>*SILVER SNEAKER® SPLASH</u>		<u>*SILVER & FIT®</u>	
10:30am		*Arthritis Class		*Arthritis Class		
11:00am					Private Class	
5:30pm	*Splash Surprise	*Extreme Workout	Adaptive Exercise	*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.

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

Adaptive Exercise- A specialty class designed for "SPECIAL NEEDS" clients 12 and older. \$7/ class.

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Aerobic Center Lynchfield

The Aerobic Center
Lynch Field ★ Greensburg, PA

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aerobiccenter.org