


Pool-Group Exercise



GROUP EXERCISE AQUA CLASSES

July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*9:00am Aquacise	*9:00am Aqua Power	*9:00am Retro Waves	*9:00am Power Drench	*9:00am Splash Surprise	
*10:00am Sea Stride	10:00am Arthritis Class	*10:00am Sea Stride	10:00am Arthritis Class	*10:00am SILVER SPLASH®	10:00am Outdoor Aqua
*Indicates Babysitting is available.				11:00am Aquacise	FRIDAYS at 10:00am are FREE for SilverSneakers® Members
*5:30pm Splash Surprise	6:15pm Outdoor Aqua		*5:30pm Hit to be Fit		



Monday, July 4th

9:00am Aquacise with Kate

Class Descriptions:

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

Adaptive Exercise– Special needs clients can enjoy an hour of water games and fitness. *Additional fee.*

Sea Stride- Water walking and cardio fun with low impact and strength training

Power Drench- This class raises your heart rate to target zone then uses intervals of plyometric movement to challenge your strength, balance and reaction time. Finish the class with a 10 minute cool down stretch that uses gentle Yoga poses to increase flexibility and strength. Makes a complete workout. Intermediate/Advanced

Aquacise- Fun, stimulating and invigorating! Alternate between aerobic intervals and active recovery for a great cardio and calorie burning workout. Moderate to high intensity.

HIT to be Fit– High Intensity Training with boxing moves in the water. Relax with some soothing yoga to end the day.

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

Aqua Boot Camp-take time and splash into water boot camp...get ready to utilize all facets of the pool while increasing your heart rate, different or multiple pieces of equipment will be used, along with water drills. 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

Aqua Aerobics

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

Aqua Aerobic Classes Veterans' Memorial Pool at Lynch Field

Saturdays 10:00-10:45am

June 25- August 13

Tuesdays 6:15-7:00pm

June 28- August 9



- Bring your water bottle
- Wear Sunglasses
- Hats are recommended for shade
- Participants must report to the Aerobic Center front desk to sign-in and get a class pass *before* going to The Veterans' Memorial Pool
- Regular membership and walk-in rates apply
- In case of inclement weather, classes will be held inside at The Aerobic Center

Held at the Veterans' Memorial Pool. Conducted by Aerobic Center Instructors.

526 New Alexandria Rd, Greensburg, PA 15601 724-834-2153 www.aerobiccenter.org