

WELCOME...

Thank you for your interest in our aquatic fitness classes. The Woodland Aquatic Center strives to provide you with the most innovative programming and invites you to challenge yourself to a workout routine different from the rest.

AQUATIC FITNESS BENEFITS INCLUDE...

- ◆ Reduced impact on the joints
- ◆ Increased cardiovascular endurance
- ◆ Creates muscle balance and improves muscular tone
- ◆ Increases flexibility
- ◆ Encourages individual exercise progression
- ◆ Easy and Fun

INSTRUCTOR QUALIFICATIONS...

Our instructors are certified through several national aquatic fitness organizations including Aquatic Exercise Association (AEA), Aquatic Fitness Professionals Association (AFPA), YMCA, and the American Council on Exercise (ACE). Whether attending workshops, conferences or studying new techniques from our aquatic resource library, we are dedicated to bring you the latest water fitness trends in the industry.

COURSE FEES...

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|---------------------------------------|---------|
| ◆ 1 class drop-in | \$ 8.00 |
| ◆ 10 pass fitness punch card (Adults) | \$70.00 |
| ◆ Monthly Session: M/W/F | \$60.00 |
| ◆ Monthly Session: Tues/Thurs | \$40.00 |
| ◆ Monthly Session: Saturday | \$20.00 |

IMPORTANT NOTICE: We recommend that you consult your physician, prior to beginning any form of exercise or conditioning program. We also suggest that participants wear water fitness shoes and bring a water bottle to each class.

COURSES OFFERED...

Shallow Water

- ◆ 8:00 a.m. - 9:00 a.m.; Monday, Wednesday, Friday
- ◆ 9:00 a.m. - 10:00 a.m.; Tuesday and Thursday
- ◆ 7:15 a.m. - 8:15 a.m.; Saturday
- ◆ Class is held in water 3'6" to 4'6"
- ◆ Low-impact workout designed to improve cardiovascular endurance and muscle balance.

Challenge yourself to an invigorating water workout. Activities will be geared to gradually improve stamina, increase flexibility and strengthen muscles. Class may include walking through the lazy river.

Deep Water

- ◆ 10:30 a.m. - 11:30 a.m.; Tuesday and Thursday
- ◆ 5:30 p.m. - 6:30 p.m.; Tuesday and Thursday
- ◆ Class is held in water 4'6" to 12'
- ◆ Low-impact workout focusing on coordination, agility, range of motion, and cardiovascular improvements. Must be comfortable in deep water.

A cardiovascular class in 6 feet or deeper. Participants must wear a floatation device (provided) and be comfortable in deep water. People with knee and hip issues thoroughly enjoy this class because it is no-impact. Core stabilization and cardio fitness is a big part of this class as well as strength, endurance and coordination.

Silver Sneakers FLEX Program - those that are eligible for Silver Sneakers can enjoy your classes at no cost. Inquire at the front desk.



F i t n e s s