



Cumming Aquatic Center



Group Exercise Schedule (effective February 22, 2021)

Group Exercise Class Fees:

- 1-Visit Drop-in Pass: \$ 7 / class
 - Senior Passes (60+): 10-visit \$ 48 / 25- visit \$ 103
 - Adult Passes (14-59): 10-visit \$ 63 / 25- visit \$ 135
- **15% savings per class on 25-visit pass vs. 10-visit pass****

No Classes will be held on the following days:

Mon 5/31 * Mon 7/5 * Mon 9/6 * Thurs 11/25
 * Fri 11/26 * Fri 12/24 * Fri 12/31 * Mon 1/17/2021 *

Instructor assignments subject to change without notice. Water classes held in Instructional Pool; Land classes held in exercise room.

Min age for participation is 14. DUE TO COVID-19, max water class size is 30 & max land class size is 20.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00—10:00 am <i>(Competition Pool)</i>	Water Walking <i>(Self-Led)</i>	Water Walking <i>(Self-Led)</i>	Water Walking <i>(Self-Led)</i>	Water Walking <i>(Self-Led)</i>	Water Walking <i>(Self-Led)</i>
9:00—9:55 am	Aqua Cardio <i>(Melissa)</i>	Power Aqua <i>(Sheree)</i>	Aqua Sculpt <i>(Karen)</i>	Power Aqua <i>(Katie)</i>	Aqua Sculpt <i>(Sheree)</i>
10:00—10:55 am	Arthritis <i>(Carol)</i>	Water Volleyball Adult (18+)	Arthritis <i>(Carol)</i>	Water Volleyball Adult (18+)	Arthritis <i>(Carol)</i>
SilverSneakers Classic <i>(Exercise Room)</i>	SilverSneakers Classic <i>(Sheree)</i> 11:00-11:55am	SilverSneakers Classic <i>(Sheree)</i> 10:00-10:55am		SilverSneakers Classic <i>(Sheree)</i> 11:00-11:55am	SilverSneakers Classic <i>(Sheree)</i> 10:00-10:55am
SilverSneakers Splash 11:00-11:55 am	SilverSneakers Splash <i>(Valerie)</i>	SilverSneakers Splash <i>(Valerie)</i>	SilverSneakers Splash <i>(Valerie)</i>	SilverSneakers Splash <i>(Valerie)</i>	SilverSneakers Splash <i>(Valerie)</i>
11:45—12:45 pm <i>(Competition Pool)</i>	Masters Swim <i>(Susan)</i>		Masters Swim <i>(Susan)</i>		Masters Swim <i>(Susan)</i>
6:00—6:55 pm	Instructor's Choice <i>(Melissa)</i>		Instructor's Choice <i>(Lisa)</i>		
7:00—8:30 pm	Water Volleyball Adult (18+)		Water Volleyball Adult (18+)		

Class Descriptions:

SilverSneakers® Signature Classes (incl. as part of SilverSneakers membership - other guests welcome to take for the regular class rate):

SilverSneakers Splash: A variety of fun shallow water moves to improve agility, flexibility & cardio endurance. No swimming ability req.

SilverSneakers Classic: A variety of fun & music-motivating land exercises designed to increase muscular strength, range of movement, and activity for daily living skills.

Arthritis: Gentle exercises to improve range of movement & flexibility. Instructor certified with Arthritis Foundation.

Aqua Cardio: Enhance physical fitness through this high intensity cardio class. Exercises improve cardio strength, muscle toning and provides a great aerobic workout.

Aqua Sculpt: Relieve stress with this low-cardio class. Focuses on range of motion, core moves, working with aqua weights.

Instructor's Choice: A variety of high intensity cardio, strength training, and toning exercises.

Power Aqua: Medium to high intensity moves to improve cardio strength. Great aerobic workout & muscle toning.

Masters Swim: Designed for adult lap swimmers looking to practice together for fitness and training.

Practices are held in the competition pool. Daily admission fee (Adult Membership Pass can be used).

