



# Cumming Aquatic Center

## Group Exercise Schedule (effective Oct 1, 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 \* 7/16 \* Mon 9/6 \* Thurs 11/25  
 \* Fri 11/26 \* Fri 12/24 \* Fri 12/31 \*

*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.*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15—9:45 am <i>(Comp 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 Cardio <i>(Carol)</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>(Patti)</i> 9 00-9:55am	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>
6:00—6:55 pm	Instructor's Choice <i>(Melissa)</i>		Instructor's Choice <i>(Lisa)</i>		
7:00—8:00 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.

