









Cumming Aquatic Center Group Exercise Schedule

(effective Jan 10, 2022)

Group Exercise Class Fees		
1—Visit Drop-In \$ 8 / Class	Senior Passes (60+) 10—Classes : \$60 25—Classes : \$125	Adult Passes (14—59) 10—Classes : \$70 25—Classes : \$150
No Classes will be held on the following days: 1/17, 4/17, 5/30, 7/4, 9/5, 11/24, 11/26, 12/26		

Water classes held in Instructional Pool; Land classes held in exercise room.
Instructor assignments subject to change without notice. Min age for participation is 14 yrs.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15—9:45 am (Competition Pool)	Water Walking (Self-Led)	Water Walking (Self-Led)	Water Walking (Self-Led)	Water Walking (Self-Led)	Water Walking (Self-Led)
9:00—9:55 am	Aqua Cardio (Melissa)	Aqua Interval Training (Sheree)		Aqua Zumba (Aline) 	Aqua Interval Training (Sheree)
10:00—10:55 am	Arthritis (Val) 	Water Volleyball Adult (18+)	Arthritis (Val) 	Water Volleyball Adult (18+)	Arthritis (Val) 
 SilverSneakers Classic (Sheree) 11:00-11:55am	SilverSneakers Classic (Sheree) 10:00-10:55am	SilverSneakers Classic (Patti) 9:00-9:55am	SilverSneakers Classic (Sheree) 11:00-11:55am	SilverSneakers Classic (Sheree) 10:00-10:55am	
 SilverSneakers Splash (Valerie) 11:00-11:55 am	SilverSneakers Splash (Valerie)	SilverSneakers Splash (Valerie)	SilverSneakers Splash (Valerie)	SilverSneakers Splash (Valerie)	
6:00—6:55 pm	Instructor's Choice (Melissa)		Instructor's Choice (Lisa)		
7:00—8:00 pm	Water Volleyball Adult (18+)		Water Volleyball Adult (18+)		

Class Descriptions:

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

Aqua Interval Training: Involves repeated bouts of high intensity effort followed by varied recovery times.

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



 **Signature Classes** (included 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 required.

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

 **Silver&Fit Classes** (included as part of Silver&Fit membership—other guests welcome to take for the regular class rate):

Aqua Zumba: Fun and challenging workout that combines the South American Zumba rhythm and dance steps with a pool party!

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