











# Cumming Aquatic Center Group Exercise Schedule

(effective May 2022)

<b>Group Exercise Class Fees :</b>	<b>1—Visit Drop-In</b> \$ 8 / Class	<b>Senior Passes (60+)</b> \$60 : 10—Classes \$125 : 25—Classes	<b>Adult Passes (14—59)</b> \$70 : 10—Classes \$150 : 25—Classes
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No Classes will be held on the following days: 5/30, 7/4, 9/5, 11/24, 11/25, 12/23, 12/26, 12/31, 1/2/2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00—8:55 am		<b>Aqua Flow (Yoga)</b> (Anne)		<b>Aqua Flow (Yoga)</b> (Anne)	
8:15—9:45 am (Outdoor Pool)	<b>Adult Water Walking</b> (Self-Led)	<b>Adult Water Walking</b> (Self-Led)	<b>Adult Water Walking</b> (Self-Led)	<b>Adult Water Walking</b> (Self-Led)	<b>Adult Water Walking</b> (Self-Led)
 <b>SilverSneakers Yoga</b> (Exercise Room)		<b>SilverSneakers Yoga</b> (Anne) 9:00-9:55am		<b>SilverSneakers Yoga</b> (Anne) 9:00-9:55am	
9:00—9:55 am	<b>Aqua Cardio</b> (Melissa)	<b>Aqua Interval Training</b> (Sheree)	<b>Aqua Sculpt</b> (Anne)	<b>Aqua Zumba</b> (Aline) 	<b>Aqua Interval Training</b> (Sheree)
10:00—10:55 am	<b>Arthritis</b> (Val) 	<b>Water Volleyball</b> Adult (18+)	<b>Arthritis</b> (Anne) 	<b>Water Volleyball</b> Adult (18+)	<b>Arthritis</b> (Val) 
 <b>SilverSneakers Classic</b> (Exercise Room)	<b>SilverSneakers Classic</b> (Sheree) 11:00-11:55am	<b>SilverSneakers Classic</b> (Sheree) 10:00-10:55am	<b>SilverSneakers Classic</b> (Patti) 9:00-9:55am	<b>SilverSneakers Classic</b> (Sheree) 11:00-11:55am	<b>SilverSneakers Classic</b> (Sheree) 10:00-10:55am
 <b>SilverSneakers Splash</b> 11:00-11:55 am	<b>SilverSneakers Splash</b> (Valerie)	<b>SilverSneakers Splash</b> (Valerie)	<b>SilverSneakers Splash</b> (Valerie)	<b>SilverSneakers Splash</b> (Valerie)	<b>SilverSneakers Splash</b> (Valerie)
6:00—6:55 pm	<b>Water Volleyball</b> Adult (18+)		<b>Water Volleyball</b> Adult (18+)	<i>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.</i>	
7:00—7:55 pm	<b>Aqua Interval Training</b> (Sheree)		<b>Aqua Zumba</b> (Aline) 		

### Class Descriptions:

**Aqua Cardio:** Enhance physical fitness through this high intensity cardio class. Exercises improve cardio strength, muscle toning & provide 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.

**Aqua Flow (Yoga):** Bring the poses and principles of your typical yoga class to the water in this gentle and low-impact environment. Joints & limbs will move easier and with less stress due to the water's buoyancy. Class will include breathing, mindfulness, balance, and stretching.



### 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.

**SilverSneakers Yoga:** Land class. Move your body through a complete series of sitting & standing yoga poses. Chair support offered.

### 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.