



# Cumming Aquatic Center Group Exercise Schedule

(effective August 2022)

|                                    |                                        |                                                                       |                                                                        |
|------------------------------------|----------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------|
| <b>Group Exercise Class Fees :</b> | <b>1—Visit Drop-In</b><br>\$ 8 / Class | <b>Senior Passes (60+)</b><br>\$60 : 10—Classes<br>\$125 : 25—Classes | <b>Adult Passes (14—59)</b><br>\$70 : 10—Classes<br>\$150 : 25—Classes |
|------------------------------------|----------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------|

No Classes will be held on the following days: 9/5, 11/24, 11/25, 12/23, 12/26, 12/31. 2013: 1/2/, 1/3, 1/16.

|                                                                                                                                   | MONDAY                                                     | TUESDAY                                                    | WEDNESDAY                                               | THURSDAY                                                                                                                                                                                           | FRIDAY                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| 8:00—8:55 am                                                                                                                      |                                                            | <b>Aqua Flow (Yoga)</b><br>(Anne)                          |                                                         | <b>Aqua Flow (Yoga)</b><br>(Anne)                                                                                                                                                                  |                                                            |
|  <b>SilverSneakers Yoga</b><br>(Exercise Room)    |                                                            | <b>SilverSneakers Yoga</b><br>(Anne)<br>9:00-9:55am        |                                                         | <b>SilverSneakers Yoga</b><br>(Anne)<br>9:00-9:55am                                                                                                                                                |                                                            |
| 9:00—9:55 am                                                                                                                      | NO CLASS                                                   | <b>Aqua Interval Training</b> (Sheree)                     | <b>Aqua Sculpt</b><br>(Anne)                            | <b>Aqua Zumba</b><br>(Aline)                                                                                                                                                                       | <b>Aqua Interval Training</b> (Sheree)                     |
| 10:00—10:55                                                                                                                       | <b>Arthritis</b><br>(Val)                                  | <b>Water Volleyball</b><br>Adult (18+)                     | <b>Arthritis</b><br>(Anne)                              | <b>Water Volleyball</b><br>Adult (18+)                                                                                                                                                             | <b>Arthritis</b><br>(Val)                                  |
|  <b>SilverSneakers Classic</b><br>(Exercise Room) | <b>SilverSneakers Classic</b><br>(Sheree)<br>11:00-11:55am | <b>SilverSneakers Classic</b><br>(Sheree)<br>10:00-10:55am | <b>SilverSneakers Classic</b><br>(Patti)<br>9:00-9:55am | <b>SilverSneakers Classic</b><br>(Sheree)<br>11:00-11:55am                                                                                                                                         | <b>SilverSneakers Classic</b><br>(Sheree)<br>10:00-10:55am |
|  <b>SilverSneakers Splash</b><br>11:00-11:55 am  | <b>SilverSneakers Splash</b><br>(Valerie)                  | <b>SilverSneakers Splash</b><br>(Valerie)                  | <b>SilverSneakers Splash</b><br>(Valerie)               | <b>SilverSneakers Splash</b><br>(Valerie)                                                                                                                                                          | <b>SilverSneakers Splash</b><br>(Valerie)                  |
| 7:00—8:30 pm<br>(Comp Pool)                                                                                                       | <b>Water Volleyball</b><br>Adult (18+)                     |                                                            | <b>Water Volleyball</b><br>Adult (18+)                  | <i>Water classes held in Instructional Pool;<br/>Land classes held in exercise room.<br/>Instructor assignments subject<br/>to change without notice.<br/>Min age for participation is 14 yrs.</i> |                                                            |
| 7:00—7:55 pm                                                                                                                      | <b>Aqua Interval Training</b> (Carol)                      |                                                            | <b>Aqua Zumba</b><br>(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.