








# Cumming Aquatic Center Group Exercise Schedule

(effective October 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: 11/24, 11/25, 12/23, 12/26, 12/31. 2013: 1/2/, 1/3 (LAND class), 1/16.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00—9:55 am	NO CLASS	<b>Aqua Interval Training</b> (Sheree)	NO CLASS	<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> (Val) 	<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>	<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)
7:00—8:00 pm (Inst Pool)	<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.</i>			

### 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.



 **SilverSneakers 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 maytake 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.