








Cumming Aquatic Center Group Exercise Schedule

(effective February 2023)

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

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	Aqua Sculpt (Carol)	Aqua Interval Training (Sheree)	Aqua Sculpt (Carol)	Aqua Zumba (Aline)	Aqua Interval Training (Sheree)
10:00—10:55	Arthritis (Val) 	Water Volleyball Adult (18+)	Arthritis (Val) 	Water Volleyball Adult (18+)	Arthritis (Val) 
 SilverSneakers Classic (Exercise Room)	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 11:00-11:55 am	SilverSneakers Splash (Valerie)	SilverSneakers Splash (Valerie)	SilverSneakers Splash (Valerie)	SilverSneakers Splash (Valerie)	SilverSneakers Splash (Valerie)
7:00—8:00 pm (Inst Pool)	Water Volleyball 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

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

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