








(effective May 2023)

# Cumming Aquatic Center Group Exercise Schedule

<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: 5/29, 6/23 (no land class), 7/4, 9/4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:15—9:45am</b> (Outdoor Pool) 5/8—9/8/23	<b>Water Walking</b> (self-led) beg.5/8/23	<b>Water Walking</b> (self-led)	<b>Water Walking</b> (self-led)	<b>Water Walking</b> (self-led)	<b>Water Walking</b> (self-led)
<b>9:00—9:55 am</b> (Instructional Pool)	<b>Aqua Sculpt</b> (Carol)	<b>Aqua Interval Training</b> (Sheree)	<b>Aqua Sculpt</b> (Carol)	<b>Aqua Zumba</b> (Aline)	<b>Aqua Interval Training</b> (Sheree)
<b>10:00—10:55 am</b> (Instructional Pool)	<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> (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> (Valerie) 11:00—11:55 am (Instructional Pool)	<b>SilverSneakers Splash</b> (Valerie)	<b>SilverSneakers Splash</b> (Valerie)	<b>SilverSneakers Splash</b> (Valerie)	<b>SilverSneakers Splash</b> (Valerie)	
<b>7:00—8:30am</b> (Competition Pool) 4/17—5/22/23	<b>Water Volleyball</b> Adult (18+)	Water Volleyball @ 7pm is held in Comp 1 , Lane 10	Instructor assignments subject to change without notice. Minimum age for participation is 14 years.		

### 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.

**Water Walking:** Enjoy walking laps around the lazy river before we open to the public (adults only).

### Silver Sneakers 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

**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.