



(effective October 23<sup>rd</sup>, 2023)

# Cumming Aquatic Center Group Exercise Schedule





Daily  
Class Pass:  
**\$ 8**

## Class Membership Package:

	10 Classes	25 Classes
Senior (60+)	\$60	\$125
Adult (14—59)	\$70	\$150

### No Classes will be held on the following days:

11/23, 11/24, 12/26, 12/27, 1/1, 1/15/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00—9:55 am <i>(Instructional Pool)</i>	<b>Aqua Cardio</b> (Carol)	<b>Aqua Interval Training</b> (Sheree)	<b>Aqua Cardio</b> (Carol)	<b>Aqua Zumba</b> (Aline)	<b>Aqua Interval Training</b> (Sheree)
10:00—10:55 am <i>(Instructional Pool)</i>	<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> <i>(Exercise Room)</i>	<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
 11:00—11:55 am <i>(Instructional Pool)</i>	<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)

Instructor assignments subject to change without notice. Minimum age for participation is 14 years.

### Silver Sneakers Signature Classes & Silver & Fit Classes

Included as part of SilverSneakers / Silver&Fit Membership.

Other guests are welcome to take any class for the regular class rate.



## 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 Interval Training:** Involves repeated bouts of high intensity effort followed by varied

### Silver Sneakers Signature Classes



Included as part of SilverSneakers membership.

**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.