



(effective May 2024 )

# 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:**

**5/27, 7/4 or 9/2**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15—9:45am <i>(Outdoor Pool)</i> 5/13—9/6/24	<b>Water Walking — offered Monday through Friday</b> <i>(self-led)</i>				
9:00—9:55 am <i>(Instructional Pool)</i>	<b>Aqua Cardio</b> <i>(Carol)</i>	<b>Aqua Interval Training</b> <i>(Sheree)</i>	<b>Aqua Cardio</b> <i>(Carol)</i>	<b>Aqua Zumba</b> <i>(Aline)</i>	<b>Aqua Interval Training</b> <i>(Sheree)</i>
HEALTHWAYS <b>SilverSneakers</b> 10:00—10:55 am <i>(Instructional Pool)</i>	<b>Arthritis</b> <i>(Val)</i>	<b>Water Volleyball</b> Adult( 18+)	<b>Arthritis</b> <i>(Val)</i>	<b>Water Volleyball</b> Adult( 18+)	<b>Arthritis</b> <i>(Val)</i>
HEALTHWAYS <b>SilverSneakers</b> <b>Classic</b> <i>(Exercise Room)</i>	<b>SilverSneakers Classic</b> <i>(Sheree)</i> 11:00-11:55am	<b>SilverSneakers Classic</b> <i>(Sheree)</i> 10:00-10:55am	<b>SilverSneakers Classic</b> <i>(Patti)</i> 9:00-9:55am	<b>SilverSneakers Classic</b> <i>(Sheree)</i> 11:00-11:55am	<b>SilverSneakers Classic</b> <i>(Sheree)</i> 10:00-10:55am
11:00—11:55 am <i>(Instructional Pool)</i>	<b>SilverSneakers Splash</b> <i>(Valerie)</i>	<b>SilverSneakers Splash</b> <i>(Valerie)</i>	<b>SilverSneakers Splash</b> <i>(Valerie)</i>	<b>SilverSneakers Splash</b> <i>(Valerie)</i>	<b>SilverSneakers Splash</b> <i>(Valerie)</i>

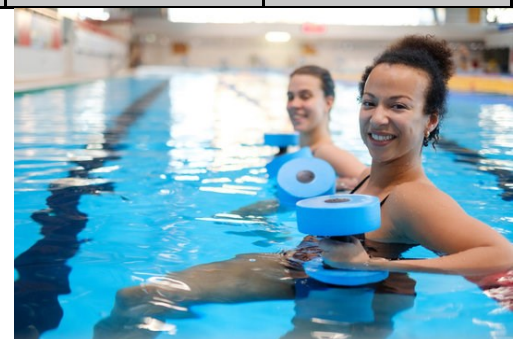
Instructor assignments subject to change without notice.

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

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

### 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

Included as part of Silver&Fit membership. Other guests may 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.