



(effective Oct 2024 )

# Cumming Aquatic Center Group Exercise Schedule

Daily Class Pass: <b>\$ 8</b>	Group Exercise Class Packages:	
	10 Classes	25 Classes
	Senior (60+)	\$60
Adult (14–59)	\$70	\$150

**No Classes will be held on the following days:**  
**11/28, 11/29, 12/24, 12/25, 12/26, 12/31**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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>
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>
 <b>Classic</b> Times Vary <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
 <b>Splash</b> 11:00—11:55 am <i>(Instructional Pool)</i>	 <b>SilverSneakers Splash</b> <i>(Val)</i>	 <b>SilverSneakers Splash</b> <i>(Val)</i>	 <b>SilverSneakers Splash</b> <i>(Val)</i>	 <b>SilverSneakers Splash</b> <i>(Val)</i>	 <b>SilverSneakers Splash</b> <i>(Val)</i>

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



**Silver Sneakers Classes & Silver & Fit Classes**

Are included as part of SilverSneakers / Silver&Fit Membership.

Non-Members are welcome to take any class for the regular class rate.

