

# Group Aquatic/Land Fitness Class Information

**Aerobics I** - This is a low intensity class that uses water resistance to enhance cardiorespiratory fitness. Muscles conditioning and abdominal work included. Length = 45 minutes.

**Aerobics II** - This is moderate to high intensity class that uses water resistance to enhance cardiorespiratory fitness. Muscle conditioning and abdominal work including. Length = 50 minutes.

**Arthritis** - This class is designed to regain or maintain range of motion and functional skills, improve aerobic capacity, and develop muscular strength, and/or alter body composition. Length = 45 minutes.

**Cardio Core** - Enjoy both cardiovascular and core training in this double punch class. Core movements will concentrate on abdominal, upper and lower back, and the neck region. A great way to ease the tension in the back! Length = 45 minutes.

**Circuit Training** - This class combine both cardiorespiratory and specific strength or motor skills in a single workout though alternating segments. Length = 45 minutes.

**Deep H2O Aerobics II** - This class is similar to Aerobics II, but done in the deep water for greater range of motion, reduced orthopedic stress, and higher intensity. Length = 60 minutes.

**Deep H2O Running** - Enjoy the freedom of movement with increased flexibility through full range of motion movements. This class is taught in the deep end wearing a flotation belt around the waist. This is a well balanced cardiovascular and strength training class where opposing sets of muscles are worked. Bring some water! Length = 45 minutes.

**Deep H2O Walking** - No reason to pound the pavement. Use the natural resistance of the water to ease your joints! Length = 45 minutes.

**Hydro-Fit** - This class uses Hydro-fit buoyancy cuffs and hand buoys to optimize cardiovascular conditioning while enhancing muscular strength, endurance, and flexibility. Length = 45 minutes.

## **How long are Aquatic/Land Fitness class punch cards good for and when can I attend?**

Punch cards are good for 1 year from date of purchase. This entitles the class participant to gain access to the Aquatic Area 30 minutes before and after their scheduled class time. You are able to attend as much or as little as you want. Visit(s) will be deducted from your punch card for each class attended. Punch cards must be carried at all times to enter the class. There is a \$3.00 fee for lost/stolen punch cards. Participants of deep water classes must show the ability to swim without water safety equipment. All classes are a drop-in basis. You can find the group water fitness class schedule at the Information desk or call (734) 721-7400 ext. 1309. New schedules come out the last Monday of each month.

### **RATES:**

	<b><u>Member</u></b>	<b><u>Residents</u></b>	<b><u>Non-Residents</u></b>
<b>1 Visit</b>	\$5.00	\$6.00	\$8.00
<b>10 Visits</b>	\$32.00	\$36.00	\$40.00
<b>20 Visits</b>	\$48.00	\$56.00	\$66.00
		<b><u>Senior (50+)</u></b>	
<b>1 Visit</b>	\$3.00	\$4.00	\$5.00
<b>10 Visits</b>	\$26.00	\$32.00	\$34.00
<b>20 Visits</b>	\$43.00	\$51.00	\$57.00