



# AQUA AEROBICS SCHEDULE

## Central Community Branch

All classes are free to members.  
 Classes are subject to change/cancellation.  
 Summer 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	8:30-9:15 am Aqua Stretch-n-Flex Jenn		8:30-9:15 am Aqua Stretch-n-Flex Sue	
9:15-10:00 am Aqua-Fit Jenn	9:15-10:00 am Aqua-Fit Jenn	9:15-10:00 am SilverSplash® Sherry	9:15-10:00 am Aqua-Fit Sue	9:15-10:00 am Aqua-Fit Sue
		7:00 pm Aqua-Fit Eva		

### Class Descriptions

- Aqua-Fit**                      Condition your whole body with this low impact/high energy aerobics and strength training workout. This is a great class that will give you long lasting results and total fitness!
- Aqua Stretch-n-Flex**                      Are you feeling stiff? Tired of your joints aching? This class provides easy to follow exercises for all your joints, executed using full R.O.M at a slow and controlled pace. Guaranteed to leave you feeling refreshed. Great for all levels!
- SilverSplash®**                      A water fitness program designed to enhance each individual's quality of life and daily function. SilverSplash® utilizes the physical properties of the water to enhance agility, range of motion, and cardiovascular conditioning. With the use of the SilverSneakers® kickboard, participants will develop strength, balance, and coordination. No swimming ability is required. Get wet, be strong, and meet new friends!