

WINTER DROP-IN AQUATIC EXERCISE CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30 AM	12:00-1:00	7:30-8:30 AM	12:00-1:00	7:30-8:30 AM
EARLY MORNING WATER WORKOUT WITH SUSAN LARKIN	WATER AEROBICS	EARLY MORNING WATER WORKOUT WITH SUSAN LARKIN	WATER AEROBICS	EARLY MORNING WATER WORKOUT
9:00 -10:00 AM		9:00 – 10:00 AM		9:00 – 10:00 AM
Adaptive PE (College of the Redwoods Class)		Adaptive PE (College of the Redwoods Class)		Adaptive PE (College of the Redwoods Class)
	10:00 – 11:00 AM		10:00-11:00 AM	
	Adaptive PE (College of the Redwoods Class)		Adaptive PE (College of the Redwoods Class)	

1. EARLY MORNING WATER WORKOUT: Monday Wednesday and Friday is in the Tessie Branscomb Competition Pool. The pool is heated to 80 degrees.

with Susan Larkin-M.S.Kinesiology 7:30-8:30 am on Mon, Wed and Fri.

Early Morning Water Workout is an energetic cardiovascular water exercise that includes resistance training and interval training. This class is perfect for all levels of fitness including individuals who desire a new mode of cross training.

Fee: \$6.00 or included with punch pass or facility pass of 1 month or more.

Ages: 16+

2. WATER AEROBICS EXERCISE

Tue and Thurs 12:00-1:00 pm

Looking for a calorie burning exercise program? Program emphasis is reaching increased metabolism and heart rate, as well as, warm-up and cool down exercises. This is a great opportunity to get a workout and to meet new friends. Good for all ages and abilities; high energy workout with low-impact to joints.

Fee: \$6.00 or included with punch pass with facility pass of 1 month or more.

Ages: 16+

