

Water fitness classes are paid for by the month. The registration is open for the entire year, and participants may feel free to register and pay in advance for as many months as they would like in 2009. All sales are final, except in the case of hospitalization or other health-related injuries. Payment should be made on the first of each month to be included in that month's roster.

AQUA-ARTHRITIS: *This is a non-aerobic water exercise class designed to work each joint through its full range of motion. This class was developed by the Arthritis Foundation in cooperation with the YMCA of the USA (AFYAP).*

Day of the week: Tues/Thurs Time: 9:00am-9:45am

Day of the week: Mon/Wed/Fri Time: 8:15am-9:00am

ARTHRITIS-PLUS*: *Our Aqua-Arthritis Class with a small aerobic component and increased exercise intensity.*

Day of the week: Tues/Thurs Time: 7:15am-8:00am

DEEP IMPACT: *This deep-water class gives a total body aerobic workout, with cardiovascular conditioning as well as strength training. Great for building stamina and helping your joints.*

Day of the week: Mon/Wed Time: 6:45pm-7:30pm

AQUA-FIT: *This shallow water fitness class combines water resistance exercises and aerobic activity for a total body workout. Exercise intensity is moderate.*

Day of the week: Tues/Thurs Time: 6:45pm-7:30pm

WAVE RUNNER: *This deep-water total body class is geared to work your cardiovascular system and strengthen your joints and muscles. Moderate to high aerobic workout.*

Day of the week: Tues/Thurs Time: 8:15am-9:00am

SHALLOW POWER: *This shallow water fitness class combines water resistance exercises and moderate aerobic activity for a full fitness experience. Exercise intensity is moderate.*

Day of the week: Mon/Wed/Fri Time: 11:30am-12:15pm or 12:45pm-1:30pm

Members: \$1 per visit / \$10 per month

Non members: \$4 per visit / \$40 per month

All payments are due prior to class participation