



ADD WATER TO YOUR EXERCISE

Hayes-Taylor/Moses Cone Health Water Fitness Schedule

Water fitness classes are paid for by the month prior to the month starting. All sales are final and refunds are made at the discretion of the Aquatics Director. Payment should be made by the last day of the month prior to attending an exercise, so that a roster can be prepared for the instructor.

Monday	Tuesday	Wednesday	Thursday	Friday
Shallow Water Classes				
	Aqua Boot Camp 7:00-7:45am		Aqua Boot Camp 7:00-7:45am	
Arthritis Plus 8:15-9:00am	Shallow Power 8:15-9:00am	Arthritis Plus 8:15-9:00am	Shallow Power 8:15-9:00am	Arthritis Plus 8:15-9:00am
Twelve O'clock Turbo 11:30-12 pm	Arthritis 1 9:00-9:45am	Twelve O'clock Turbo 11:30-12 pm	Arthritis 1 9:00-9:45am	Twelve O'clock Turbo 11:30-12:15pm
Instructor Pick 6:45-7:30pm		Cardio-Fit 6:45-7:30pm		
Deep Water Classes				
	Waver Runner 6:45-7:30pm		Waver Runner 6:45-7:30pm	

*******SATURDAY CLASS 8 am to 8:45 am*******

Arthritis 1 – This is a non-aerobic water exercise class designed to work each joint through its full range of motion. This class was based on programs developed by the Arthritis Foundation.

Arthritis Plus – Our Aqua-Arthritis class with a small aerobic component and increased exercise intensity.

Cardio-Fit – This shallow water fitness class combines water resistance exercise and aerobic activity for a total body workout.

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.

Shallow Power – This shallow water fitness class combines water resistance exercises and moderate aerobic activity for a full fitness experience. Exercise intensity is moderate.

Twelve O'clock Turbo – This water fitness class combines elements from shallow and deep-water workouts for a total body workout. Exercise intensity is moderate to high.

Aqua Boot Camp- This water fitness class is geared to work your entire body, which includes strength training and cardio. Moderate to high aerobic workout.

Classes meet on M/W/F (12 classes)	Members: \$17	Non-members \$37
Classes meet on T/Th (8 classes)	Members \$10	Non-members \$32
Drop in Rate Members \$2.00 per classes or \$5.00 Non-members		
All payments are due prior to class participation		