



# ADD WATER TO YOUR EXERCISE

## Hayes-Taylor 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
<b>Shallow Water Classes</b>				
<b>Arthritis 1</b> <i>8:00-8:45am</i>		<b>Arthritis 1</b> <i>8:00-8:45am</i>		<b>Arthritis 1</b> <i>8:00-8:45am</i>
<b>Turbo</b> <i>10:00-10:45am</i>	<b>Turbo</b> <i>2:00-2:45pm</i>	<b>Turbo</b> <i>10:00-10:45am</i>	<b>Turbo</b> <i>2:00-2:45pm</i>	<b>Turbo</b> <i>10:00-10:45am</i>
<b>Deep Water Classes</b>				

**\*\*\*\*\*SATURDAY CLASS 9 am to 9:45 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.

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

**Saturday Zumba**- 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 Members: \$17 monthly**

**Classes meet on T/Th Members \$10 monthly**

**Every Day M-F Members: \$27 monthly**

**Drop in Rate Members \$3.00 per classes**

**\*\*\*All payments are due prior to class participation\*\*\***