

# Water Aerobic Classes

**\$3 per class or  
\$55 for 20 visit punchcard**

## **H2O Cardio: M, W, F 7a - 8a** \*Starts September 2019

Join us for an energetic deep-water class. This class is designed to reduce stress on joints while still improving your overall endurance, range of motion, and balance. You must be comfortable in deep water and know how to swim.

## **Ms. Pauline's Class M, T, W, TH, Fr 9a - 10a**

A low impact water aerobics class that is offered in shallow water using water exercise equipment.

## **Jogaqua T, TH 12p - 1p** \*Starts September 2019

High resistance, low impact workout that is aimed at strengthening and toning ones muscle while walking or jogging in the pool.

## **H2O Power T, TH 6p - 7p** \*Starts October 2019

Experience the difference in deep water. This class uses buoyant and resistant equipment to provide an excellent cardiovascular workout with zero impact! H2O Power is designed for all levels. Participants should be comfortable in deep water & know how to swim.



**Arlington Park & Aquatic Complex**  
**941.554.2110**