



Town of Tonawanda Aquatic & Fitness Center

One Pool Plaza, Tonawanda, NY 14223 ~ 876-7424

Aquatic Fitness Classes January 2 - March 1, 2020

CODE #	CLASS	DATES	DAY	TIME	CLASS FEES MEM/NON-MEM
142079-01	<i>Aquarobics (Mary D)</i>	1/6- 2/26	M/W	7:45 - 8:45 am	\$48/\$80
142090-01	<i>Dual Depth (Gail)</i>	1/6- 2/24	M	9:00 - 10:00 am	\$24/\$40
142089-01	<i>Aqua Fusion (Penny)</i>	1/3- 2/28	M/F	10:15 - 11:15 am	\$51/\$85
142084-01	<i>Waterobics (Amy S.)</i>	1/8- 2/26	W	10:15- 11:15 am	\$24/\$40
142090-02	<i>Core Dual Depth (Val)</i>	1/8- 2/26	W	9:00- 10:00am	\$24/\$40
142085-01	<i>Aqua Zumba (Starr)</i>	1/8- 2/26	W	5:30- 6:30pm	\$24/\$40
142083-01	<i>Gentle Watercise (Shirley)</i>	1/6- 2/28	M/W/F	11:20 - 12:20 pm	\$75/\$125
142084-02	<i>Waterobics (Amy S.)</i>	1/2- 2/27	T/THU	9:10 - 10:10 am	\$51/\$85
142088-01	<i>Weekday Splash (Joan)</i>	1/2- 2/27	T/THU	11:30 - 12:30 pm	\$51/\$85
142082-01	<i>Deep Water (Mary D.)</i>	1/2- 2/27	T/THU	5:10 - 6:10 pm	\$51/\$85
142080-01	<i>High Intensity Waterobics (Cynthia)</i>	1/2- 2/27	T/THU	6:15 - 7:15 pm	\$51/\$85
142081-01	<i>Aquarobics (Mary D.)</i>	1/3- 2/28	F	7:45 - 8:45am	\$27/\$45
142081-02	<i>Aquarobics (Mary D.)</i>	1/3- 2/28	F	9:00 - 10:00am	\$27/\$45
142087-01	<i>Sunday Splash (Joan)</i>	1/5- 3/1	SUN	10:30 - 11:30 am	\$27/\$45

Member Registration - Monday, December 16, 2019;

Non-Member & Online Registration - Monday, December 23, 2019

Note To All Non-Members: Registration entitles you to participate in the class ONLY!

Fees Payable to: Town of Tonawanda

POOL TEMPERATURE IS KEPT BETWEEN 82 and 83 DEGREES

Fun Facts about ALL water exercise classes:

- ◆ Aquatic classes are designed for **anyone**, including non-swimmers. **All** water exercises in **every** class can be modified by the participant to either increase or decrease the intensity of the workout.
- ◆ The buoyancy and resistance of water allows less-used muscles in your body to get a workout, which helps improve overall muscle tone.
- ◆ The Aquatic Exercise Association (AEA) says "deep water is a non-impact environment and significantly reduces the compressive load on the spine."

Class Descriptions.

Aqua Fusion: *Aqua Fusion is a combination of water aerobics, Pilates, and dance designed to tone and strengthen the entire body. It emphasizes engaging the core to improve stability and balance.*

Aqua Zumba: *Fluid Latin dance water exercise that gets your heart rate up and keeps a smile on your face!*

Aquarobics: *Non-stop, very effective and guided body-toning movement using aquatic dumbbells and noodles. This class offers a peaceful, full-body workout including wall work and cool down. The intensity can easily be adjusted by each individual as one improves strength, flexibility, range of motion, coordination, balance and endurance. Join this class for a lighthearted, social start to the day*

Deep Water: *A sensational feeling! An intense non-stop core workout, with full-body movement in the deep end of the pool utilizing aquatic dumbbells and noodles as well as our own body's resistance. Flotation belts are worn around the waist removing the need to tread water while facilitating body movement.*

Dual Depth: *Formatted to allow participation in either the shallow or deep end of the pool, this core-centric class features segments of active movement designed to challenge cardio-respiratory endurance, muscular strength and joint mobility. PLEASE NOTE: Deep end participation provides for a zero-impact workout. The use of a floatation belt is required (provided).*

Gentle Watercise: *This class provides an environment for our friends with joint problems and arthritis to participate in an exercise program that will work on maintaining flexibility, range of motion, endurance, strength, balance and coordination.*

High Intensity Waterobics with Cynthia: *High energy aerobics that incorporate plyometrics, karate kicks, Tabata and wall work.*

HydroFit: *Shallow water format designed to achieve or improve overall fitness. Traditional aquatic base moves, buoyancy and resistance lead to gains in cardio endurance, muscle strength and joint mobility. Get WATERproofed!*

Sunday Splash: *This class will be adjusted to accommodate the needs of all participants. Movements will be modeled on different levels of difficulty. A variety of cardio and strength exercises will be included.*

Waterobics: *An advanced program of at least 40 minutes of aerobics, followed by strengthening exercises. Resistance equipment will be used in this class!*

Weekday Splash: *A total body workout that can be customized to your ability. Moves including stretching, cardio and gentle resistance with noodles. For an extra challenge you can do the cardio with weights.*