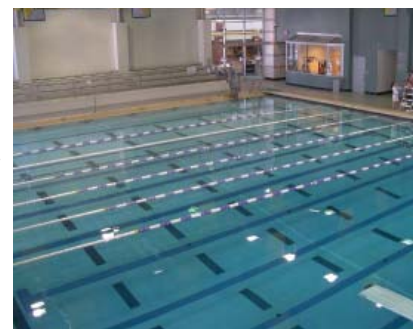


Water Exercise Schedule



Attention Water Exercise Patrons: We value your loyal participation in our water exercise program. After your 45 minute class, we invite you to enjoy the Aquatics Center for the remainder of the hour. Take a dip in the whirlpool, sit a spell in the sauna, or swim a couple of laps to top off your workout. Adult Swim Training enthusiasts are likewise welcome to a spot of relaxation in the spa or sauna after practice.

Deep Water Exercise: This is an intense workout without the stress on joints. Good for people with knee, hip, or back problems. Participants wear flotation belts and must be comfortable in deep water to participate.

SilverSneaker Splash: Activate your aqua urge for variety! SilverSneakers Splash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kick board is used to develop strength, balance and coordination.

Adult Swim Training: Great for swimmers who wish to improve technique, increase speed, and build endurance. Swimming ability required but all levels welcome.

Deep Water Run Conditioning: This class is similar to an interval track workout in the pool. It is excellent no impact cross training for runners, triathletes and team sports competitors. A great way for injured athletes to maintain fitness. The GPCC will provide flotation belts.

Water Boot Camp – This high energy class combines shallow water movements for an intense full body workout in 30 minutes! It is intended for more advanced fitness levels.



Payment Options:

Premium Annual Card: Allows you to attend any water exercise class you wish. The card expires one year from the date of purchase. Electronic Funds Transfer (EFT) monthly payment options are available.

Non-residents

\$68.08/month

\$817 in full

Residents

\$58.33/month

\$700 in full

10-class punch pass: This punch pass can be used for any water exercise class. Punch passes expire one year from the date of purchase.

Non-residents

\$112

Residents

\$90

Walk-in price: This payment option is best for those who cannot commit to multiple classes or would like to try a class for the first time.

Non-residents

\$13

Residents

\$11

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am-9:45 am		Deep Water (Rose)	Deep Water (Mary Ann)	Deep Water (Rose)	Deep Water (Rose)	Deep Water (TBD)	
10:00 am-10:45 am	SilverSneaker Splash(Meg)	SilverSneaker Splash (Rose)	SilverSneaker Splash (Mary Ann)	SilverSneaker Splash (Rose)	SilverSneaker Splash(Rose)		
6:00 pm-6:45 pm		Deep Water (Kathy)	Deep Water Run Conditioning (Kathy)	Deep Water (Kathy)			
7:00 pm-7:45 pm	Deep Water (Adel)		Deep Water (Kathy)				
7:00 pm-7:30 pm		Water Boot Camp (Kathy)					

Small Group Training *All Ages Welcome* Small Group Training is a one and a half hour coached swim workout for individuals who wish to improve technique, increase speed, and build endurance. This program is ideal for competitive, triathlon or fitness swimmers looking to upgrade their usual workout routine. Swim Requirements: Participants should be familiar with all four competitive strokes and well versed with interval training - participation will be at the discretion of the coach.

Instructor: Dick Shoulberg

Monday, Wednesday, & Friday, 1/4-5/26

6:00 AM – 7:30 AM

Price: \$10/Walk-in

Maximum: Space is limited to the first 16 participants