

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 7:45-8:45 Senior H2O 8:45-9:45 We Coach 9:00-10:00 Deep H2O <u>Noon Closure</u>	3 7:45-8:45 Senior H2O 8:45-9:45 Aqua Dance 5:30-6:30 We Coach	4 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	5 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	6 7:45-8:45 Senior H2O 8:45-9:45 Aqua Dance	7 11:30-12:30 Aqua Dance - Brandi
8	9 7:45-8:45 Senior H2O-Wayne 8:45-9:45 We Coach-Wayne 9:00-10:00 Deep H2O - Brandi 5:30-6:30 We Coach	10 7:45-8:45 Senior H2O-Susan 8:45-9:45 We Coach-Susan 5:30-6:30 We Coach-Brandi	11 7:45-8:45 Senior H2O-Wayne 8:45-9:45 We Coach-Wayne 5:30-6:30 We Coach-Vickie	12 7:45-8:45 Senior H2O Susan 8:45-9:45 We Coach-Susan 5:30-6:30 We Coach-Brandi	13 7:45-8:45 Senior H2O Brandi 8:45-9:45 We Coach-Brandi	14 11:30-12:30 Aqua Dance - Brandi
15	16 7:45-8:45 Senior H2O-Wayne 8:45-9:45 We Coach-Wayne 9:00-10:00 Deep H2O - Brandi <u>2pm Closure</u>	17 7:45-8:45 Senior H2O-Susan 8:45-9:45 Aqua Dance Susan 5:30-6:30 We Coach-Brandi	18 7:45-8:45 Senior H2O-Wayne 8:45-9:45 We Coach-Wayne 5:30-6:30 We Coach-Brandi	19 7:45-8:45 Senior H2O Susan 8:45-9:45 We Coach-Susan 5:30-6:30 We Coach-Vickie	20 7:45-8:45 Senior H2O Brandi 8:45-9:45 Aqua Dance Brandi	21 11:30-12:30 Aqua Dance - Brandi
22	23 7:45-8:45 Senior H2O-Wayne 8:45-9:45 We Coach-Wayne 9:00-10:00 Deep H2O - Brandi 5:30-6:30 We Coach-Deborah	24 7:45-8:45 Senior H2O-Susan 8:45-9:45 We Coach-Susan 5:30-6:30 We Coach-Vickie	25 7:45-8:45 Senior H2O-Wayne 8:45-9:45 We Coach-Wayne 5:30-6:30 We Coach-Vickie	26 7:45-8:45 Senior H2O Susan 8:45-9:45 We Coach-Susan 5:30-6:30 We Coach-Brandi	27 7:45-8:45 Senior H2O Brandi 8:45-9:45 We Coach-Brandi	28 11:30-12:30 Aqua Dance - Brandi
29	30 7:45-8:45 Senior H2O-Wayne 8:45-9:45 We Coach-Wayne 9:00-10:00 Deep H2O - Brandi 5:30-6:30 We Coach-Deborah	31 7:45-8:45 Senior H2O-Susan 8:45-9:45 Aqua Dance Susan 5:30-6:30 We Coach-Brandi				

WATER FITNESS CLASS DESCRIPTIONS

SENIOR H2O	WE COACH	AQUA DANCE	DEEP WATER
<p>A total body workout that focuses on the 5 components of fitness: cardio, neuromotor, muscular strength, endurance and flexibility,</p> <p>What you put into these workouts is what you get out of it!</p> <p>ALL classes are located in our Recreation Pool.</p>	<p>An enjoyable, safe exercise program designed to increase feeling of well being and improved performance of daily activities.</p> <p>ALL classes are located in our Recreation Pool.</p>	<p>Designed to fire up the core muscles and strengthen your posterior chain muscles. Seniors will learn a gentle way back to the dance styles the love and enjoy!</p> <p>ALL classes are located in our Recreation Pool.</p>	<p>Designed to tone your muscles and improve your cardio. Participants for this class must be comfortable and able to propel themselves in 7ft section of our pool. This class utilizes floatation belts but each person must be able to do these skills without one.</p> <p>ALL classes are located in our Training Pool.</p>

PRICING AND POLICIES

- Daily drop-ins **\$8**
 - Classes are included in monthly memberships.
- Equipment is available to those who wish to use it.
- Showers are required before entering the pool.
- Lap lanes stay in the pool for class and are configured based on our Lap Lane Schedule.
 - The movement of lap lanes after class are not guaranteed during our peak program times.
- Please sanitize equipment after using and put away after class.

Questions? Contact our front desk at:
(336) 315-8498
 Or visit our website:
www.greensboroaquaticcenter.com