

November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	2 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	3 7:45-8:45 Senior H2O 8:45-9:45 We Coach	4 10:45-11:45 We Coach
5	6 7:45-8:45 Senior H2O 8:45-9:45 We Coach 9:00-10:00 Deep H2O 5:30-6:30 We Coach	7 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	8 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	9 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	10 7:45-8:45 Senior H2O 8:45-9:45 Aqua Dance	11 10:45-11:45 Endurance
12	13 7:45-8:45 Senior H2O 8:45-9:45 We Coach 9:00-10:00 Deep H2O 5:30-6:30 We Coach	14 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	15 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	16 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	17 7:45-8:45 Senior H2O 8:45-9:45 We Coach	18 10:45-11:45 We Coach
19	20 7:45-8:45 Senior H2O 8:45-9:45 We Coach 9:00-10:00 Deep H2O 5:30-6:30 We Coach	21 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	22 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	23 HAPPY THANKSGIVING!	24 NO CLASSES! Open (7AM-12PM)	25 10:45-11:45 Endurance
26	27 7:45-8:45 Senior H2O 8:45-9:45 We Coach 9:00-10:00 Deep H2O 5:30-6:30 We Coach	28 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	29 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	30 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach		

WATER FITNESS CLASS DESCRIPTIONS

SENIOR H2O

An enjoyable, safe exercise program designed to increase feeling of well-being and improves performance of daily activities.

ALL classes are located in our Recreation Pool.

WECOACH

A total body workout that focuses on the 5 components of fitness: cardio, neuromotor, muscular strength, endurance and flexibility,

What you put into these workouts is what you get out of it!

ALL classes are located in our Recreation Pool.

AQUA DANCE

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!

ALL classes are located in our Recreation Pool.

DEEP WATER

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.

ALL classes are located in our Training Pool.

ENDURANCE

Designed to build muscle and cardiovascular endurance! This class is based on interval training and high intensity movement.

ALL classes are located in our Recreation Pool.

PRICING AND POLICIES

- **Daily drop-ins \$10**
 - 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