Sun	Mon	Tue	bruary	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	3 10:45-11:45 We Coach
ļ	5 7:45-8:45 Senior H2O 8:45-9:45 We Coach <u>5:30-6:30 Deep H2O</u> 5:30-6:30 We Coach	6 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	7 7:45-8:45 Senior H2O 8:45-9:45 We Coach 12-1:00 Deep H2O 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 Aqua Dance	10 10:45-11:45 Endurance
.1	12 7:45-8:45 Senior H2O 8:45-9:45 We Coach 9:00-10:00 Deep H2O 5:30-6:30 We Coach	13 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	14 7:45-8:45 Senior H2O 8:45-9:45 We Coach 12-1:00 Deep H2O 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 12-12:45 AquaYoga	17 10:45-11:45 We Coach
.8	19 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	20 7:45-8:45 Senior H2O 8:45-9:45 We Coach 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 7:45-8:45 Senior H2O 8:45-9:45 Aqua Dance 12-12:45 AquaYoga	24 10:45-11:45 Endurance
25	26 7:45-8:45 Senior H2O 8:45-9:45 We Coach 9:00-10:00 Deep H2O 5:30-6:30 We Coach	27 7:45-8:45 Senior H2O 8:45-9:45 We Coach 5:30-6:30 We Coach	28 7:45-8:45 Senior H2O 8:45-9:45 We Coach 12-1:00 Deep H2O 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		



Water Fitness Class Descriptions



Senior H20 & Aqua Yoaa

WeCOACH

Aqua Dance

Deep Water

Endurance

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

Aqua yoga adapts postures and What you put into these principles of yoga, including breathing and mindfulness within an aquatic setting!

ALL classes are located in our Recreation Pool.

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

workouts is what you get out of it!

ALL classes are located in our Recreation Pool.

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

ALL classes are located in our Recreation Pool.

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.

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

ALL classes are located in our Training Pool.

ALL classes are located in our Recreation Pool.





- 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.



and enjoy!



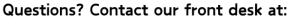












(336) 315-8498

Or visit our website:

www.greensboroaquaticcenter.com