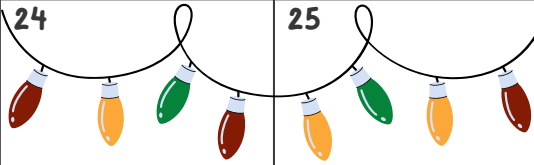



# DECEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Deep H2O 5:30-6:30p Aerobics	<b>3</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Aqua Dance 6:15-7:00p Endurance	<b>4</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	<b>5</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aqua Dance	<b>6</b> 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga	<b>7</b> 9:15-10 Patron's Choice 10-10:45 Aqua Dance
<b>8</b>	<b>9</b> 5:30-6:15 Endurance 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	<b>10</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Aqua Dance 6:15-7:00p Endurance	<b>11</b> 5:30-6:00 Endurance 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	<b>12</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aqua Dance	<b>13</b> 7:45-8:45 Senior H2O 8:45-9:30 Aqua Dance	<b>14</b> 9:15-10 Endurance 10-10:45 Aqua Dance
<b>15</b>	<b>16</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	<b>17</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Aqua Dance 6:15-7:00p Endurance	<b>18</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	<b>19</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aqua Dance	<b>20</b> 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga	<b>21</b> 9:15-10 Aerobics 10-10:45 Aqua Dance
<b>22</b>	<b>23</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	<b>24</b> 	<b>25</b> 	<b>26</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aqua Dance	<b>27</b> 7:45-8:45 Senior H2O 8:45-9:30 Aqua Dance	<b>28</b> 9:15-10aEndurance 10-10:45 Aqua Dance
<b>29</b>	<b>30</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	<b>31</b> 7:45-8:45 Senior H2O 8:45-9:45 Aerobics				



## **SENIOR H2O**

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

## **AQUA YOGA**

Aqua Yoga adapts postures and principles of yoga, including breathing and mindfulness, within an aquatic setting!

## **WATER AEROBICS**

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

What you put in to these workouts is what you get out of them!

## **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 they love and enjoy!

## **DEEP WATER**

Designed to tone your muscles and improve your cardio. Participants for this class must be comfortable and able to propel themselves in the 7ft section of our pool. This class utilizes `belts, but each person must be able to do these skills without one.

## **ENDURANCE**

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

**ALL classes are located in the Recreation pool, except Deep Water classes!**

## **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.GREENSBOROQAQUATICCENTER.COM](http://WWW.GREENSBOROQAQUATICCENTER.COM)**