

MARCH 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	25 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:15p Aqua Dance 6:15-7:00p Endurance	26 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	27 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aqua Dance	28 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga	1 9:15-10 Patron's Choice 10-10:45 Aqua Dance
2	3 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	4 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:15p Aqua Dance 6:15-7:00p Endurance	5 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	6 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aqua Dance	7 7:45-8:45 Senior H2O 8:45-9:30 Aqua Dance	8 9:15-10 Endurance 10-10:45 Aqua Dance
9	10 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	11 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Aqua Dance 6:15-7:00p Endurance	12 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	13 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aqua Dance	14 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga	15 9:15-10 Aerobics 10-10:45 Aqua Dance
16	17 7:45-8:45 Senior H2O 8:45-9:45 Aerobics No Deep H2O 5:30-6:30p Aerobics	18 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Aqua Dance 6:15-7:00p Endurance	19 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	20 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aqua Dance	21 7:45-8:45 Senior H2O 8:45-9:30 Aqua Dance	22 9:15-10a Endurance 10-10:45 Aqua Dance
23	24 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 9-10 Deep H2O 5:30-6:30p Aerobics	25 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Aqua Dance 6:15-7:00p Endurance	26 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:30p Aerobics	27 7:45-8:45 Senior H2O 8:45-9:45 Aerobics 5:30-6:15p Endurance 6:15-7:00p Aqua Dance	28 7:45-8:45 Senior H2O 8:45-9:30 Aqua Yoga	29 9:15-10 Aerobics 10-10:45 Aqua Dance



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.GREENSBOROQUATICCENTER.COM

