

# Water Fitness & Walking



## Announcing New Water Fitness Classes on Mondays and Thursdays, starting after Labor Day!

**Mondays: 9:00 am - 10:00 am - Water Fitness with Kim**

**Tuesdays: 9:00 am - 10:00 am - Water Walking**

**Wednesdays: 9:00 am - 10:00 am - Water Walking**

**Thursdays: 9:00 am - 10:00 am - Water Fitness with Kim**

**Fridays: 9:00 am - 10:00 am - Water Walking**

**Saturdays: 8:30 am - 9:30 am - Water Walking**

**Water Walking:** Our Water Walking Schedule is designed to give participants their choice of individual water fitness; such as water walking or your own fitness, water-workout in the shallow or deep end of the pool. This class is self directed.

**Water Fitness:** A low-impact water aerobics class where no swimming skills are needed. This class is designed to give a full-body workout, improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water. Exercises are performed in the shallow and deep end of the pool, using foam dumbbells while exercising to lively music.