

ADULT PROGRAMS

DEEP WATER WORKOUT – [Instructed by Peggy Mangan-Cross & GERALYN STRELLA](#)

Deep Water Workout is a combination of deep water running and deep water interval work, using the resistance of the water to achieve a vigorous, yet well paced, cardiovascular workout to the beat of music. Floatation and resistance equipment will be incorporated to increase the intensity of the workout and focus on including core strengthening. Deep water exercise is a great way to cross train without impact on joints. You need not be a strong swimmer, but should feel comfortable in the water. Prior deep water exercise experience is not required. Join us for a fun and exhilarating workout.

AQUACISE – [Instructed by GERALYN STRELLA](#)

Water aerobics set to music! In addition to a cardiovascular workout, each class includes muscle conditioning for all major muscle groups, and stretching for flexibility. Several options to increase or decrease the difficulty of the workout will be given for preference and ability.

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:45 AM	Deep Water <i>Peggy</i>		Deep Water <i>Peggy</i>		
8:15-9:00 AM		Aquacise <i>Geralyn</i>		Aquacise <i>Geralyn</i>	
9:30-10:15 AM		Deep Water <i>Geralyn</i>		Deep Water <i>Geralyn</i>	

6:00 - 6:45 AM Deep Water Workout

DATES: July 6—August 12
DURATION: 12 classes
COST: Members/Seniors \$66
 Non-Members \$108

8:15 - 9:00 AM Aquacise Class

DATES: July 7—August 13
DURATION: 10 classes
COST: Members/Seniors \$55
 Non-Members \$90
 (No class July 14 & 16)

9:30 - 10:15 AM Deep Water Workout

DATES: July 7—August 13
DURATION: 12 classes
COST: Members/Seniors \$55
 Non-Members \$90
 (No class July 14 & 20)

