

# Mecklenburg County Aquatic Center

## Water Exercise

Sept 3-27

Sept 30-Nov 1

Nov 4-26

No Class

No Class

No Class

9/20

10/31

11/22

### M/W/F

9:00-10:00AM– Hydromania

10:00-11:00AM– Hydromania

11:00-12:00PM– Easy Does It

5:45-6:45PM– Water Aerobics

**\$40/\$30**

**\$60/\$45**

**\$36/\$27**

103068

103067

103066

103063

103064

103065

103069

103070

103071

103072

103073

103074

### T/Th

9:15-10:00AM–Arthritis Foundation

10:00-10:45AM— Hydromania

5:30-6:15pm — Water Aerobics

6:15-7:00pm– Aquatomic

**\$32/\$24**

**\$36/\$27**

**\$28/\$21**

103075

103076

103077

103078

103079

103080

103081

103082

103083

103084

103085

103086

### M/W

6:45-7:30PM– Aquatomic

**\$28/\$21**

**\$40/\$30**

**\$28/\$21**

103087

103088

103089

Mecklenburg County Park & Recreation

# Mecklenburg County Aquatic Center

## Easy Does It

A low-level, low impact exercise class. Activities include water walking, aerobic exercise to build cardiovascular endurance and range-of-motion classes. Class is held in Shallow Water.

## Hydromania

All-over-body toning and cardiovascular workout. Hydromania is a great way to exercise joints and muscles. Water supports joints to encourage free movement, also acts as resistance to help build muscle strength. Class is held in Shallow Water.

## Water Aerobics

Water Aerobics is a great way to exercise joints and muscles. Instructor will use different equipment to work all muscle groups and joints. Water supports joints to encourage free movement, also acts as resistance to help build muscle strength. Class is held in Shallow Water.

## Aquatomic

All-over-body toning and cardiovascular workout that combines short bursts of intense exercises. Aquatomic is designed to improve core strength, conditioning, body strength, and endurance. This is an advanced class but all fitness levels are welcomed as all exercises can be modified. Water supports joints to encourage free movement, also acts as resistance to help build muscle strength. Class is held in Shallow Water.

## Arthritis Foundation

Gentle stretches and range-of-motion exercises keep tender joints mobile. Water buoyancy assists movements while resistance strengthens muscles and supports joints. Class is held in Shallow Water.