



Lourie Center 2017 Water Aerobics

At Maxcy Gregg Pool

COST: \$45/month (FULL MEMBERSHIP, \$35 + PROGRAM FEE, \$10)

. INCLUDES ALL WATER CLASSES

. ADULTS OF ALL AGES WELCOME IN WATER CLASSES

Bring your sunscreen, hat, towel, and water bottle.

Shallow Water Aerobics

Thursdays 9-9:50 am

All levels of fitness welcome! Participants will be required to use the pool ladder for entering and exiting the pool. Aqua shoes recommended (a must for diabetic participants).

Deep Water Aerobics

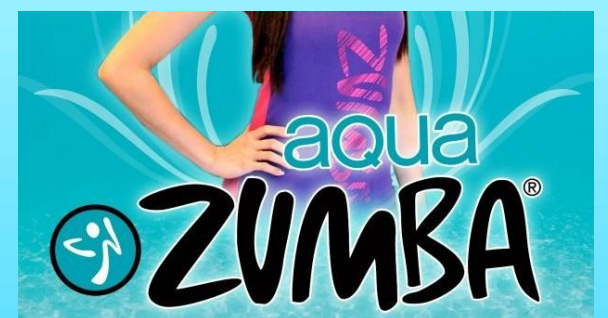
Mondays, Wednesdays, Thursdays 10-10:50 am

Personal Aqua Belt is required. Deep water participants must have an aquatic belt and be able to climb down and up the pool ladder.

Aqua Zumba

Mondays, Tuesdays, Wednesdays, Saturdays 9-9:50 am

Splash your way into shape with an invigorating low-impact program that blends cardio and toning to upbeat music! There is less impact on your joints during an Aqua Zumba® class. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.



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