

Lourie Center 2018 Water Aerobics at Maxcy Gregg Pool

Tuesday May 29-Saturday September-29, 2018



Shallow Water Aerobics

9-9:50 am

Tuesdays (*and Mondays starting 8/13*)

Water creates natural resistance and every step is challenging and helps tone your muscles. Aqua shoes are recommended.

Deep Water Aerobics

10-10:50 am

Mondays, Tuesdays, Wednesdays, Thursdays

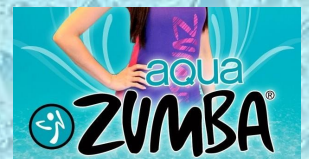
A great low-impact workout. Personal Aqua Belt is required.

Aqua Zumba

9-9:50 am

Mondays, Wednesdays, Thursdays, Saturdays

Splash your way into shape with an invigorating program that blends cardio and toning to upbeat music!



*Schedule subject to change.

May/June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	May 28 NO CLASSES- Memorial Day	May 29 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	May 30 9 am: Aqua Zumba with Tammy 10 am: NO CLASS	May 31 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	June POOL CLOSED	June 2 9 am: NO CLASS
June 3	June 4 9 am: Aqua Zumba with Harry 10 am: NO CLASS	June 5 9 am: Shallow Water with Lillie 10 am: Deep Water with Lillie	June 6 9 am: Shallow Water with Lillie 10 am: Deep Water with Pat R.	June 7 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	June 8 POOL CLOSED	June 9 9 am: Aqua Zumba with Lisa
June 10	June 11 9 am: Aqua Zumba with Harry 10 am: Deep Water with Pat R.	June 12 9 am: Shallow Water with Lillie 10 am: Deep Water with Lillie	June 13 9 am: Aqua Zumba with Tammy 10 am: Deep Water with Pat R.	June 14 9 am: Shallow Water with Lillie 10 am: Deep Water with Lillie	June 15 POOL CLOSED	June 16 9 am: Aqua Zumba with Lisa
June 17 Father's Day	June 18 9 am: Aqua Zumba with Harry 10 am: Deep Water with Pat R.	June 19 9 am: Shallow Water with Lillie 10 am: Deep Water with Lillie	June 20 9 am: Aqua Zumba with Tammy 10 am: Deep Water with Pat R.	June 21 9 am: Shallow Water with Lillie 10 am: Deep Water with Lillie	June 22 POOL CLOSED	June 23 9 am: Aqua Zumba with Lisa
June 24	June 25 9 am: Aqua Zumba with Harry 10 am: Deep Water with Pat R.	June 26 9 am: Shallow Water with Lillie 10 am: Deep Water with Lillie	June 27 9 am: Aqua Zumba with Tammy 10 am: Deep Water with Pat R.	June 28 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	June 29 POOL CLOSED	June 30 9 am: Aqua Zumba with Lisa

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 1	July 2 9 am: Aqua Zumba with Harry 10 am: Deep Water with Pat R.	July 3 9 am: Shallow Water with Lillie 10 am: Deep Water with Lillie	July 4 NO CLASSES- Independence Day	July 5 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	July 6 POOL CLOSED	July 7 9 am: Aqua Zumba with Lisa
July 8	July 9 9 am: Aqua Zumba with Harry 10 am: Deep Water with Pat R.	July 10 9 am: Shallow Water with Lillie 10 am: Deep Water with Lillie	July 11 9 am: Aqua Zumba with Tammy 10 am: Deep Water with Pat R.	July 12 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	July 13 POOL CLOSED	July 14 9 am: Aqua Zumba with Lisa
July 15	July 16 9 am: Aqua Zumba with Harry 10 am: Deep Water with Pat R.	July 17 9 am: Shallow Water with Lillie 10 am: Deep Water with Lillie	July 18 9 am: Aqua Zumba with Tammy 10 am: Deep Water with Pat R.	July 19 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	July 20 POOL CLOSED	July 21 9 am: Aqua Zumba with Lisa
July 22	July 23 9 am: Aqua Zumba with Harry 10 am: Deep Water with Pat R.	July 24 9 am: Shallow Water with Lillie 10 am: Deep Water with Lillie	July 25 9 am: Aqua Zumba with Yolanda 10 am: Deep Water with Pat R.	July 26 9 am: NO CLASS 10-10:30 am: Mini Class:-Deep Water with Pat R.	July 27 POOL CLOSED	July 28 9 am: Aqua Zumba with Lisa
July 29	July 30 9 am: Aqua Zumba with Harry 10 am: Deep Water with Pat R.	July 31 9 am: Aqua Zumba with Andrea 10-10:30 am: Mini Class:-Deep Water with Pat R.				

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			August 1 9 am: Aqua Zumba with Tammy 10 am : Deep Water with Pat R.	August 2 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	August 3 POOL CLOSED	August 4 9 am: Aqua Zumba with Lisa
August 5	August 6 9 am: Aqua Zumba with Harry 10 am: Deep Water with Pat R.	August 7 9 am: Shallow Water with Lillie 10 am: Deep Water with Lillie	August 8 9 am: Aqua Zumba with Tammy 10 am: Deep Water with Pat R.	August 9 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	August 10 POOL CLOSED	August 11 9 am: Aqua Zumba with Lisa
August 12	August 13 9 am: Shallow Water with Lillie 10 am: Deep Water with Pat R.	August 14 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	August 15 9 am: Aqua Zumba with Tammy 10 am: Deep Water with Pat R.	August 16 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	August 17 POOL CLOSED	August 18 9 am: Aqua Zumba with Lisa
August 19	August 20 9 am: Shallow Water with Lillie 10 am: Deep Water with Pat R.	August 21 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	August 22 9 am: Aqua Zumba with Tammy 10 am: Deep Water with Pat R.	August 23 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	August 24 POOL CLOSED	August 25 9 am: Aqua Zumba with Lisa
August 26	August 27 9 am: Shallow Water with Lillie 10 am: Deep Water with Pat R.	August 28 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	August 29 9 am: Aqua Zumba with Tammy 10 am: Deep Water with Pat R.	August 30 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	August 31 POOL CLOSED	

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Sept. 1 9 am: Aqua Zumba with Lisa
Sept.2	Sept. 3 No Classes- Labor Day	Sept. 4 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	Sept. 5 9 am: Aqua Zumba with Tammy 10 am: Deep Water with Pat R.	Sept. 6 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	Sept.7 POOL CLOSED	Sept. 8 9 am: Aqua Zumba with Lisa
Sept.9	Sept. 10 9 am: Shallow Water with Lillie 10 am: Deep Water with Pat R.	Sept. 11 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	Sept. 12 9 am: Aqua Zumba with Tammy 10 am: Deep Water with Pat R.	Sept. 13 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	Sept.14 POOL CLOSED	Sept. 15 9 am: Aqua Zumba with Lisa
Sept.16	Sept. 17 9 am: Shallow Water with Lillie 10 am: Deep Water with Pat R.	Sept. 18 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	Sept. 19 9 am: Shallow Water with Lillie 10 am: Deep Water with Pat R.	Sept. 20 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	Sept.21 POOL CLOSED	Sept. 22 9 am: Aqua Zumba with Lisa
Sept.23	Sept. 24 9 am: Shallow Water with Lillie 10 am: Deep Water with Pat R.	Sept. 25 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	Sept. 26 9 am: Aqua Zumba with Tammy 10 am: Deep Water with Pat R.	Sept. 27 9 am: Aqua Zumba with Andrea 10 am: Deep Water with Lillie	Sept.28 POOL CLOSED	Sept. 29 9 am: Aqua Zumba with Lisa

Your Instructors:

Tammy Bergman

Lillie Hart

Andrea Kirsch

Pat Roche

Lisa Weems

Harry Williams



COST: \$45/month (Full Lourie Center membership + program fee).

Register at front desk or online.

- Includes all water classes.
- All levels of fitness welcome.
- Month-to-month membership, no contract, no registration fee
- Adults of all ages are welcome in the water classes.
- Participants must be able to use the pool ladder.
- Bring sunscreen, hat, towel, and bottle of water.

Pool Weather Rules:

- Light rain-Pool open.
- Medium and above rain- can't see the bottom of the pool- Pool closed.
- Thunder-30 minute delay
- Lightning Witnessed- One hour delay

Lourie Center Front Desk: 803-779-1971
Maxcy Gregg Pool Front Desk: 803-733-8447

1650 Park Circle Columbia, SC 29201
For Updated Schedule:
<http://louriecentersc.com/activities/classes/>

