

## Group Classes



### Walk and Stretch with Carol Clark

Wednesdays 11-12

Non aerobic, walk and stretch and maintain range of motion and flexibility

### Aquacisers with Romnei Bechtold



Monday thru Friday 8:30 - 9:30

Head to toe, warm up stretch, noodle wall exercises, stretching

### Movers and Shakers with Barbara Kain

Monday, Tuesday, Thursday and

Friday 10-11 With Carol Clark

An energetic water aerobics class that combines a great workout with having fun. We focus on a head to toe workout and stretch. We end our workout with a fun round of beach ball. Focused on having fun so you want to come back

### Ai Chi with Ellen Bridges and Emily Nordin-Tuininga

Monday and Friday 11-12

Wednesday 12-1

### Mermaids with Cheri Gurney



Tuesday and Thursday 3-4

Stretching, easy and relaxing exercise with noodles and light dumbbell use with fun music.

### Aqua Aerobics with Carol Clark

Friday 10-11 and Saturday 8:30-9:30

Full aerobics workout

### Water Babies with Carol Clark

Tuesday 5 -5:45 and Saturday 9:45-10:30

Water introduction for infants and children up to 3 years old