

Group Classes



Walk and Stretch with Carol Clark

Wednesdays 10:00-11:00 am

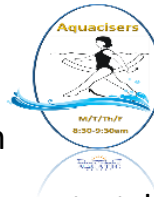


Non aerobic, walk and stretch and maintain range of motion and flexibility

Aquacisers with Romnei Bechtold

Monday, Tuesday, Thursday, Friday 8:30 - 9:30am

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



Movers and Shakers with Barbara Kain

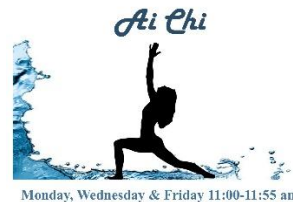
Monday, Tuesday, Thursday 10:00-11:00 am

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

Monday, Wednesday and Friday 11:00-11:55 am



Mermaids with Cheri Gurney

Tuesday and Thursday 3:00-4:00 pm

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



Aqua Aerobics with Carol Clark

Friday 10:00-11:00 am and Saturday 8:30-9:25 am

Full aerobics workout



Water Babies with Carol Clark

Tuesday 5:30-6:00 pm and Saturday 9:30-10:00

Water introduction for infants and children up to 3 years old

