




AQUATIC CLASSES

August 1-18, 2019

	 Essex Morse Drive 879-7734	South Burlington Eastwood Drive 658-0002	Williston* Wellness Drive 860-3343
M	10:00 am Aqua Fit Nancy 11:00 am Water Walking (30 min) Nancy 11:30 am Arthritis Nancy 5:30 pm Aqua Fit Stephanie	10:00 am	

COOL WATER CLASSES (these classes are held at E2, SB, and the CP pool in Williston) (Pool temperatures range from 81-85 degrees)

WARM WATER CLASSES (these classes are held at E1 and the PP in Williston)
(Pool temperatures range from 90-92 degrees)

water@motion the newest aqua exercise workout that provides low impact, high-energy Challenge for participants of all ages, skill and fitness levels. Jump Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the whole body.

Platinum a low impact aqua exercise experience that offers older adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. Class is 45 minutes.

Aqua EDGE – This fast paced water class provides a great cardiovascular workout to the latest music. It will challenge participants at every level, from beginner to experienced participant