

# HEALTHY LIVING

Improving the Nation's Health and Well-being.

## WATER ACTIVITIES

### ◀ Arthritis Aquatics

Monday/Wednesday/Friday 9:00-9:50am

Member Fee: \$21  
Program Participant: \$85

### ◀ Water Exercise Jog (Deep Water)

Monday/Wednesday/Friday 7:00-7:45am  
Tuesday/Thursday 8:45-9:30am

Member Fee: \$14  
Program Participant: \$85

### ◀ Water Exercise

Monday/Wednesday 8:00-8:50am  
Member Fee: \$21  
Program Participant: \$85

### ◀ Senior Water Exercise (65+)

Monday/Wednesday/Friday 1:05-1:55pm  
Member Fee: FREE  
Program Participant: \$85

### ◀ Re-Coup/MS

Monday/Wednesday/Friday 10:00-11:00am

Member Fee: \$21  
Program Participant: \$85

### ◀ Low Impact Aquacise (deep and shallow end)

Formerly MS Recoup

Tuesday/Thursday 6:15-7:00pm

Member Fee: \$14  
Program Participant: \$85

### ◀ Silver Sneakers Splash

Tuesday 1:15-2:00pm  
Friday 8:00-8:45am

Member Fee: \$14  
Program Participant: \$85

### ◀ Water Walking

Monday/Wednesday/Friday 10:00-10:30am

Member Fee: \$14  
Program Participant: \$42

### ◀ H.E.A.T (High Energy Aquatic Training)

Wednesday 6:30-7:15pm  
Friday 5:30-6:15pm  
Saturday 8:00-8:45am

Member Fee: \$14  
Program Participant: \$42

### ◀ Aqua Zumba (Same great music and moves in the pool!)

Saturday 7:00-7:50am

Member Fee: \$14  
Program Participant: \$42

Tuesday/Thursday 8:00-8:30am  
Tuesday/Thursday 7:10-7:55pm

Member Fee: \$28  
Program Participant: \$85

### ◀ Water Exercise Special Needs

Tuesday/Thursday 11:15-12:00pm

Member Fee: \$14  
Program Participant: \$85

### ◀ Masters Swim

The US Master's Swim Program is open to anyone 18 years and older and offers coached practices for adults wanting to swim for fitness, training, or competition. Sign up for the session and come to any of the practices through the week.

Days	Time	Age
Monday/Wednesday	8:30-9:45pm	18+
Tuesday/Thursday	5:30-6:45am	18+

Member Fee: \$33/month  
Program Participant: \$55/month

\*Masters Swim is set up on a monthly draft to be taken out on the 1st of every month