

Water Aerobics Schedule – April 2024

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30	NO CLASSES	1 Aquacise - Donna	2 10:30am-11:30 Deep Water - Mickey	3 Aquacise – Donna	4 Deep Water - Mickey	5 Arthritis - Donna	6 10:30am-11:30
10:45-11:45		Aquacise - Donna	Deep Water - Mickey	Aquacise – Donna	Water Aerobics- Calvin		Deep Water - Mickey
6:15-7:15				Water Aerobics- Calvin			
9:30-10:30	NO CLASSES	7	8 Aquacise - Donna	9 10:30am-11:30 Deep Water - Mickey	10 Aquacise – Donna	11 10:30am-11:30 Deep Water - Mickey	12 Arthritis - Donna
10:45-11:45			Aquacise - Donna	Deep Water - Mickey	Aquacise – Donna	Water Aerobics- Calvin	13 10:30am-11:30
6:15-7:15				Water Aerobics- Calvin			Deep Water - Mickey
9:30-10:30	NO CLASSES	14	15 Aquacise - Donna	16 10:30am-11:30 Deep Water - Mickey	17 Aquacise – Donna	18 Deep Water - Mickey	19 Arthritis - Donna
10:45-11:45			Aquacise - Donna	Deep Water - Mickey	Aquacise – Donna	Water Aerobics- Calvin	20 10:30am-11:30
6:15-7:15				Water Aerobics- Calvin			Deep Water - Mickey
9:30-10:30	NO CLASSES	21	22 Aquacise - Donna	23 10:30am-11:30 Deep Water - Mickey	24 Aquacise – Donna	25 Deep Water - Mickey	26 Arthritis - Donna
10:45-11:45			Aquacise - Donna	Deep Water - Mickey	Aquacise – Donna	Water Aerobics- Calvin	27 10:30am-11:30
6:15-7:15				Water Aerobics- Calvin			Deep Water - Mickey
9:30-10:30	NO CLASSES	28	29 Aquacise - Donna	30 10:30am-11:30 Deep Water - Mickey			
10:45-11:45			Aquacise - Donna	Deep Water - Mickey			
6:15-7:15				Water Aerobics- Calvin			

Water Aerobics Classes

Fees:

Resident - Free

Non Resident - \$4.00 per visit / \$60 per 20 visits (punch card)

- Aquacise : Monday - Wednesday | 9:30am - 10:30am and
10:45am – 11:45pm
- Arthritis: Friday | 9:30am - 10:30am
- Water Aerobics: Thursday | 6:15pm - 7:15pm
- Deep Water Aerobics:
 - Tuesday & Thursday & Saturday | 10:30am – 11:30am

*****Please shower before entering the pool!*****

For more information about any of Harbison's Water Aerobics classes,
please email:

Ben Turner | *Aquatics Manager*
BTurner@harbisoncommunity.com

Aquacise Class 1 & Aquacise Class 2

These are low impact, moderate to intermediate intensity exercise classes. Instructors are certified through A.E.A. or another group aerobics organization. These classes include cardio-vascular work-out, weight training, noodle workouts, water walking, and stretching exercises.

Aquatic Arthritis Exercise

This is a low impact, low intensity exercise class. Instructors are certified through The Arthritis Foundation or a comparable organization. This class is designed for individuals with Arthritis and other joint or mobility injuries or difficulties. The class consists of range of motion, stretching and cardiovascular exercise. There is no weight training involved.

Water Aerobics

This is a low impact, high intensity exercise class for adult participants 16 years of age and older. Instructors are certified through AEA or another group aerobics organization.

Deep Water Aerobics

Deep Water Aerobics Deep water aerobics provides a great workout in deep water. This class will focus on strength, endurance and give a good cardio workout.