



## AQUATIC CLASS DESCRIPTIONS



**Aqua Arthritis:** Is a non-impact program designed by the Arthritis Foundation to provide warm water exercises for strengthening, range of motion, and flexibility. No swimming skills required. This is a class great for beginner or advanced levels.

**Aqua Mix, Aqua/Aqua Surprise:** Is a total body workout that is recommended for all levels of fitness! This water class will have a mix of all classes that we offer in the pool. Aquatic shoes are recommended.

**AQUA TABATA :** A water version of land TABATA...w interval training 8 sets of 20 sec movement 10 sec of rest. This class is for all levels of fitness and shoes are recommended.

**Aqua Zumba:** Be sure to bring yourself and a lot of energy to a dance party for all ages. Aqua Zumba is a total body workout that is recommended for all intensity levels! Aquatic shoes are highly recommended.

**DEEPH2O:** This class will be held in the DEEP END OF THE POOL for those that need no impact to the joints. This class will be for all fitness levels and belts can be used if you need one.

**MWC Water Boot Camp/RBC:** THIS IS NOT JUST ANOTHER WATER AEROBICS CLASS! MWC Water Boot Camp...it's what you've been looking for...a fun, exciting and challenging six week high intensity water fitness program that combines the added benefits of a pool with the benefits of traditional boot camp style training in the pool. CAMP FEE \$40.00 MEMBERS & \$70.00 NON MEMBERS.(check with front desk for when sessions start)

**SilverSplash®:** Offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. **Swimming Lessons:** American Red Cross Learn-To-Swim® program is taught at various times throughout the year. All levels are taught by certified instructors.

\*For additional information on cost, dates, and times, please contact our front desk at 859/936-9355

\*CONTACT LATANYA DONEGHY FOR INFORMATION ON POOL PARTIES 859/936-9355

\*CONTACT Karla Kurtsinger FOR OTHER GENERAL POOL QUESTIONS AT 859-936-7219.

FOR OTHER SERVICE QUESTIONS PLEASE CONTACT THE FRONT DESK AT 859-936-9355.

**Aquatic Instructors:** Allen Arth, Ginger Arth, Jenny Hollan, Bud Hulick,  
Ann Mosley, and Karla Kurtsinger