

Winter 2017

12 WEEK SESSION

Tuesdays: January 3 – March 21

Thursdays: January 5 – March 23



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Aquatic Center (GAC)

2 Teachers Way

Gaithersburg, MD 20877

PH – 301-258-6345

FAX – 301-258-6449



WATER EXERCISE

Registration begins **November 28** (Aquatic Members) and **November 30** (Nonmembers)

SCHEDULE OF CLASSES

DEEP WATER WORKOUT

Length: 45 minutes

A no-impact but challenging workout designed to burn fat, increase cardiovascular fitness, range of motion and muscle tone. This workout is perfect for anyone who prefers a no-impact workout that is physically challenging yet gentle on the joints. Participants use noodles (provided) and **water flotation belts (to be purchased by participant)**. You do not have to be a strong swimmer; however a comfort level in deeper water is a must. **Contact the instructor for flotation belt information, 301-990-1846.**

<u>CLASS</u>	<u>STARTS</u>	<u>DAYS</u>	<u>TIME</u>	<u>LOCATION</u>	<u>FEE</u>	<u># SESS</u>
46278	1/3	Tu	7:30pm	GAC	\$75*	12
46279	1/5	Th	7:30pm	GAC	\$75*	12

**Aquatic Members pay \$67*

SHALLOW (CHEST DEEP) WATER WORKOUT

Length: 45 minutes

A low impact but high intensity water class where no swimming skills are needed. Exercises are performed in water that is chest deep and are designed to improve your fitness level from head to toe. Let the resistance of the water cushion your feet, knees and back while you improve your flexibility, strength, range of motion and muscle tone. These exercises are appropriate for all ages and are effective and easy to follow.

<u>CLASS</u>	<u>STARTS</u>	<u>DAYS</u>	<u>TIME</u>	<u>LOCATION</u>	<u>FEE</u>	<u># SESS</u>
46276	1/3	Tu	6:40pm	GAC	\$75*	12

**Aquatic Members pay \$67*

AQUA ZUMBA®

Length: 45 minutes; Age: 16 to Adult

Aqua Zumba® combines many traditional elements of an aqua fitness class (such as jumping jacks and cross-country skiing) with the upbeat, Latin-infused dance moves and the fun 'make-you-want-to-move' music Zumba fitness is famous for. This high energy, low impact water fitness class is designed to create a 'party' atmosphere while improving flexibility and cardiovascular fitness. No equipment will be used. What better way to end your day than experiencing the lively movements of this upbeat, fun aqua class?

<u>CLASS</u>	<u>STARTS</u>	<u>DAYS</u>	<u>TIME</u>	<u>LOCATION</u>	<u>FEE</u>	<u># SESS</u>
46274	1/5	Th	6:40pm	GAC	\$82.50*	12

**Aquatic Members pay \$75*

For specific class questions, please contact Nancy Brouillette at (301) 990-1846 or by e-mail at info@wetyetwaterfitness.com