Spring 2022

6 and 8 WEEK SESSIONS

Tuesdays: April 5–May 24
Thursdays: April 7 – May 26
Saturdays: April 23 – June 4
No class May 21st
Sundays: April 24 – June 5
No class May 22nd

Gaithersburg
A CHARACTER COUNTS! CITY

Gaithersburg Aquatic Center (GAC)
2 Teachers Way
Gaithersburg, MD 20877
PH – 301-258-6345
FAX – 301-258-6449

Wet Yet? Water Fitness
www.wetyetwaterfitness.com

WATER EXERCISE

Registration begins **March 1** (Aquatic Members) and **March 3** (Nonmembers)

SCHEDULE OF CLASSES

AQUA BOOT CAMP - SHALLOW
Length: 45 minutes; Age: 16 to Adult

This vigorous class for all ages, sizes and fitness levels is full of fun and energizing activities to help you reach your fitness goals. Portions of the class are performed in chest deep water while other parts are held in deeper water, where participants use noodles (provided) and water flotations belts (to be purchased by participant). Strong swimming skills are not necessary, but a comfort level in deeper water is a must. Whether you are a beginner, an avid fitness enthusiast or simply looking for a new type of workout, this aquatic adventure is for you. Aqua Boot Camp can be an excellent workout for those whose schedules allow just one day a week to attend, or it can be a wonderful addition for those participating in some of our other programs. One thing is certain – you will have a blast. **Contact the instructor for flotation belt information, 301-990-1846.**

CLASS	STARTS	DAYS	TIME	LOCATION	FEE	# SESS
#12446	4/24	Su	10:00am	GAC	$45	6

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.**

CLASS	STARTS	DAYS	TIME	LOCATION	FEE	# SESS
#12441	4/5	Tu	7:30pm	GAC	$55	8
#12442	4/7	Th	7:30pm	GAC	$55	8

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.

CLASS	STARTS	DAYS	TIME	LOCATION	FEE	# SESS
#12443	4/5	Tu	6:40pm	GAC	$55	8
#12444	4/7	Th	6:40pm	GAC	$55	8
#12445	4/23	Sa	6:40pm	GAC	$45	6

**Aquatic Members pay $40 (6 classes) and $50 (8 classes)*

For specific class questions, please contact Nancy Brouillette at (301) 990-1846 or by e-mail at info@wetyetwaterfitness.com Register at https://apm.activecommunities.com/gaithersburgmd