

WATER EXERCISE CLASSES

DEEP WATER AEROBICS

Ages 17 and up

Come make a splash! Burn calories, tone muscles, strengthen cardiovascular health and have fun in a zero-impact deep-water aerobics class. Focus is on overall strengthening, range of motion and toning of the body by performing medium-high intensity exercises in DEEP water. Movements such as jogging, kicks, cross-country skiing, bicycling and the use of resistance tools such as buoyant water weights and noodles will be performed during class while being suspended in water. Required to use water belts in class. We supply equipment. Class size is limited to the amount of equipment. Must be able to swim. Before starting any physical activity, check with your physician first. Sunglasses, hat and water also recommended.

Location: Placerville Aquatic Center

ACTIVITY	DAYS	DATES	TIME	FEE
11600	M	6/1-6/29	9:45-10:30 AM	\$50
11604	W	6/3-6/24	9:45-10:30 AM	\$40
11605	W	7/1-7/29	9:45-10:30 AM	\$50
11601	M	7/6-7/27	9:45-10:30 AM	\$40
11603	M	8/3-8/31	9:45-10:30 AM	\$50
11609	W	8/5-8/26	9:45-10:30 AM	\$40

Drop in: \$12 per class



AQUA WALKING

Ages 17 and up

Stay cool in this low-impact water walking class! The focus is on improving flexibility, balance, strengthening core muscles and is a great cardiovascular workout. In this class we will work on exercises such as walking, lateral movements, kicks, balance and toning in waist-deep water. We will stay at the shallow end of the pool. There will be options for lowering and increasing intensity in the workout. Good for all fitness levels. Aqua shoes are recommended for stability and comfort.

Location: Placerville Aquatic Center

ACTIVITY	DAYS	DATES	TIME	FEE
11618	M	6/1-6/29	8:45-9:30 AM	\$50
11612	W	6/3-6/24	8:45-9:30 AM	\$40
11615	W	7/1-7/29	8:45-9:30 AM	\$50
11619	M	7/6-7/27	8:45-9:30 AM	\$40
11620	M	8/3-8/31	8:45-9:30 AM	\$50
11617	W	8/5-8/26	8:45-9:30 AM	\$40

Drop in: \$12 per class

CARDIO WATER WALKING

Ages 17 and up

Stay cool in this low-impact aerobics class that focuses on improving flexibility, balance, strengthening core muscles and is a great cardiovascular workout. Have fun moving to a variety of aerobic moves with lively music. We will stay at the shallow end of the pool and may utilize pool noodles and aqua dumbbells during class. There will be options for lowering and increasing intensity in the workout. Good for all fitness levels. **NOTE:** Aqua shoes are recommended for stability and comfort. Sunglasses, hat and water also recommended.

Location: Placerville Aquatic Center

ACTIVITY	DAYS	DATES	TIME	FEE
11594	Tu	6/2-6/30	9:45-10:30 AM	\$50
11597	Tu	7/7-7/28	9:45-10:30 AM	\$40

Drop in: \$12 per class

Register online at www.teamsideline.com/placerville or contact us at (530) 642-5232.

