

Water Aerobics Schedule – August 2024

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30 10:45-11:45 6:15-7:15	NO CLASSES				1 Deep Water - Mickey Water Aerobics- Calvin	2 Arthritis - Donna	3 10:30am-11:30 Deep Water - Mickey
9:30-10:30 10:45-11:45 6:15-7:15	4 NO CLASSES	5 Aquacise - Donna Aquacise - Donna	6 10:30am-11:30 Deep Water - Mickey Water Aerobics- Calvin	7 Aquacise – Donna Aquacise – Donna	8 10:30am-11:30 Deep Water - Mickey Water Aerobics- Calvin	9 Arthritis - Donna	10 10:30am-11:30 Deep Water - Mickey
9:30-10:30 10:45-11:45 6:15-7:15	11 NO CLASSES	12 CLOSED	13 CLOSED	14 CLOSED	15 CLOSED	16 CLOSED	17 CLOSED
9:30-10:30 10:45-11:45 6:15-7:15	18 NO CLASSES	19 Aquacise - Donna Aquacise - Donna	20 10:30am-11:30 Deep Water - Mickey Water Aerobics- Calvin	21 Aquacise – Donna Aquacise – Donna	22 Deep Water - Mickey Water Aerobics- Calvin	23 Arthritis - Donna	24 10:30am-11:30 Deep Water - Mickey
9:30-10:30 10:45-11:45 6:15-7:15	25 NO CLASSES	26 Aquacise - Donna Aquacise - Donna	27 10:30am-11:30 Deep Water - Mickey Water Aerobics- Calvin	28 Aquacise – Donna Aquacise – Donna	29 Deep Water - Mickey Water Aerobics- Calvin	30 Arthritis - Donna	31 10:30am-11:30 Deep Water - Mickey

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.