



## Water Aerobics Schedule – December 2024

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