


Water Aerobics Schedule – October 2024

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

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.