



## AEROBICS SCHEDULE 2023

<b>Session I:</b>	January 9th—March 4th	<i>Makeup week: March 6th—March 11th</i>
<b>Session II:</b>	March 13th –May 6th	<i>Makeup week: May 8th –May 13th</i>
<b>Session III:</b>	May 15th - July 8th	<i>Makeup week: July 10th—July 15th</i>
<b>Session IV:</b>	July 17th - September 9th	<i>Makeup Week: September 11th—September 16th</i>
<b>Session V:</b>	September 18th - November 11th	<i>Makeup Week: November 13th—November 18th</i>
<b>Session VI:</b>	November 20th- December 16th	<i>No Makeup Week, Mini Session (4 weeks)</i>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					7:00-8:00 am <b>AM Jam</b>  Gail Williams-Glasser
11:30 - 12:30 pm <b>The “T” Experience</b> Tamarra Fleming		11:30 - 12:30 pm <b>The “T” Experience</b> Tamarra Fleming			
7:00-8:00 pm <b>Aqua Happy Hour</b> Gail Williams-Glasser	7:00-8:00 pm <b>Water Aerobics</b>  Karen Wilson	7:00-8:00 pm <b>Aqua Zumba</b>  Tamarra Fleming	7:00-8:00 pm <b>Water Aerobics</b>  Karen Wilson		

### Aerobic Session Prices Based on a full 8-week session

	Premier Member	Regular Member/Mini	Non-Member/ Mini
<i>1 Class</i>	<b>Included</b>	<b>\$45/ \$25</b>	<b>\$55/ \$30</b>
<i>2 Class</i>	<b>Included</b>	<b>\$65/ \$35</b>	<b>\$75/ \$40</b>
<i>3 Class</i>	<b>Included</b>	<b>\$85/ \$45</b>	<b>\$95/ \$50</b>
<i>4 Class</i>	<b>\$35.00</b>	<b>\$105/ \$55</b>	<b>\$115/ \$60</b>

# CLASS DESCRIPTIONS

- **AM JAM:** This is the class for those who want to JAM first thing in the morning. This is a full, active, one-hour cardio class in the water. We use floats and constantly move. Leave refreshed and ready to start your weekend. All fitness levels are welcome; participants are requested to use water shoes.

**Instructor: Gail Williams-Glasser**

- **AQUA HAPPY HOUR :** A non-impact intense 60-minute workout that improves cardiovascular endurance. The class is for all levels of fitness. Be sure to inform the instructor of any medical concerns.

**Instructor: Gail Williams-Glasser**

- **WATER AEROBICS** A non-impact intense 60-minute workout that improves cardiovascular endurance. The class is for all levels of fitness. Be sure to inform the instructor of any medical concerns.

**Instructor: Karen Wilson**

- **AQUA ZUMBA**

features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

**Instructor: Tamarra Fleming-Winbish**

- **THE "T" EXPERIENCE**

This class targets all aspects of fitness through movement in water. This class will incorporate the same exercises from your favorite aquatic fitness classes and so much more. This class offers a full body workout with core challenge movements in our therapeutic pool. This program is intended for people who want to increase muscle mass, balance and core strength .

**Instructor: Tamarra Fleming-Winbish**

***ONLY a DOCTORS SLIP (RELEASE) will be accepted to change session once classes start. NO Exceptions!***

## CLASS & REGISTRATION REMINDERS

- ***There will be NO REFUNDS!***
- ***Please plan to arrive 15 minutes prior to the start of class to allow adequate time for scanning in, making drop-in or session payments and changing clothes.***
- ***Please re-register at the beginning of each 8-week session. If you are not registered for a class, your name will not be listed on the class roster at the beginning of each class, which means if a class is canceled for any reason, we have no way in which to notify you.***
- ***Instructors subject to change without notice. Check with the Wellness Center for updates.***
- ***All classes 60 MINUTES unless otherwise indicated.***