



## AEROBICS SCHEDULE 2024

- Session I:**            January 8th - March 2nd            *Makeup week: March 4th-9th*
- Session II:**            March 11th - May 4th            *Makeup week: May 6th-11th*
- Session III:**            May 13th - July 6th            *Makeup week: July 8th-13th*
- Session IV:**            July 15th - September 7th            *Makeup Week: September 9th - 14th*
- Session V:**            September 16th - November 9th            *Makeup Week: November 11th-16th*

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|--|---|--|---|---|--|
|  |   |  |   |   | 7:00-8:00 AM<br><b>AM Jam</b><br>Gail Williams-Glasser         |
| 11:30 - 12:30 PM<br><b>The "T" Experience</b><br>Tamarra Fleming |   | 11:30 - 12:30 PM<br><b>The "T" Experience</b><br>Tamarra Fleming |   |   | 9:30AM-11:00 AM<br><b>Abs, Tone &amp; Stretch</b><br>Donnacize |
|  |   |  |   | 5:30PM-6:45 PM<br><b>Aerobox &amp; Pilates</b><br>Donnacize |  |
| 7:00-8:00 PM<br><b>Aqua Happy Hour</b><br>Gail Williams-Glasser  | 7:00-8:00 PM<br><b>Water Aerobics</b><br>Karen Wilson | 7:00-8:00 PM<br><b>Aqua Zumba</b><br>Tamarra Fleming             | 7:00-8:00 PM<br><b>Water Aerobics</b><br>Karen Wilson |   |  |

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

|   | Premier Member | Regular Member | Non-Member |
|---|----------------|----------------|------------|
| <i>1 Class</i>                            | Included       | \$45           | \$55       |
| <i>2 Class</i>                            | Included       | \$65           | \$75       |
| <i>3 Class</i>                            | Included       | \$85           | \$95       |
| <i>4 Class</i>                            | \$35.00        | \$105          | \$115      |
| <i>Drop-In Fee<br/>(Space Permitting)</i> | \$10.00        | \$10.00        | \$10.00    |

# 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-Winbush**

- **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-Winbush**

- **AEROBOX & PILATES**

## **Aerobox**

A non cardiovascular aerobic workout that incorporates boxing techniques, such as kicks, punches, squats etc. The Aerobox class will also work the upper body (arms, chest, shoulders) and your core muscle groups (rectus abdominals and love handles).

## **Pilates**

A method of exercise and physical movement designed to stretch, strengthen, and balance the body. It helps with flexibility, alignment, and stabilizing & strengthen your core which helps relieve and prevent back pain. When doing Pilates, you gain proper breathing. And the greatest benefit of all is that you tone your body, lose weight and feel great!

**Instructor: Donnacize**

## **ABS, TONE & STRETCH (Dumbbells Required & Bands are included)**

This dumbbell and band resistant workout will challenge your major muscle groups. This consists of squats, presses, lifts and curls as you strengthen, tone and define your entire body. You determine the level you'll work at by choosing the appropriate dumbbell weight and band resistance.

You will:

- \* Build strength
- \* Tone muscle
- \* Shed fat
- \* Burn calories

## **Aerobics**

An repetitive movement that causes you to lose weight by moving the largest muscles in your legs, hips and arms. Your heart rate is increased and your body benefits in many ways.

You will:

- \* Burn calories
- \* Lower Your risk of heart disease
- \* Boost your mood, immunity and stamina

**Instructor: Donnacize**

## **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.***