

# Water Aerobics Class Schedule

**5:30 AM – T & TH**

**Deep Water**

6:00 AM – M, W, & F

Deep Water

**8:15 AM – M, W, & F**

**Deep Water**

8:15 AM – T & TH

Deep/Shallow Combo

**9:30 AM – M, T, W, TH & F**

**Shallow Water**

10:45 AM – M, W, & F

Arthritis Plus

**10:45 AM – T & TH**

**Arthritis Basic**

## Aerobics Class Fees (Includes Water & Land):

Regular Membership & Aerobic Combo-\$46.00/month

Adult Aerobic Pass- \$33.00/month

Senior Aerobic Pass (60+)- \$15.00/month

Daily Aerobic Pass - \$5.00

# Water Aerobics Class Description

## **Deep Water Class:**

This class is a combination of higher intensity water aerobics, circuit training, and swimming with optional equipment. Strength training and stretch finish off this routine.

## **Shallow Water Class:**

This class provides a continuous cardiovascular workout by using a variety of step and arm movements followed by toning, strength training, and an ab workout. Stretching finishes off this great workout. Modifications will be demonstrated for all fitness levels.

## **Deep/Shallow Water Combo Class:**

This class has cardio, circuit and strength training along with an intense abdominal workout in both shallow and deep water. Equipment is used. All fitness levels are welcome.

## **Arthritis Plus:**

This class is designed to improve flexibility and mobility. Strength training and equipment use are also included. This class is geared for people with Fibromyalgia, Rheumatoid Arthritis, and Osteoarthritis.

## **Arthritis Basic**

This class is a nice slow class for our patrons that have had injuries and need an activity to get started. This class is also designed to help with balance, core strength, and stabilization.

***Note: We welcome all levels of fitness in any of our classes. So jump in and work at your own ability!!!***

Claremore Recreation Center  
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