

# Arundel Olympic Swim Center

## Water & Land Fitness Classes - Weekly Schedule

Zumba is not a drop in class. Check program guide for dates and pricing.

Classes highlighted with orange are partially or entirely on land. With a drop in rate.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Water Fitness</b> 9:00 am- 9:45 am	<b>Water Fitness</b> 9:00 am- 9:45 am	<b>Water Fitness</b> 9:00 am- 9:45 am	<b>Water Fitness</b> 9:00 am- 9:45 am	<b>30/30</b> 9:00 am- 10:00 am	
	<b>Water Fitness</b> 10:00 am- 10:45 am	<b>Water Fitness</b> 10:00 am- 10:45 am	<b>Water Fitness</b> 10:00 am- 10:45 am	<b>Water Fitness</b> 10:00 am- 10:45 am		
	<b>Water Fitness</b> 6:00 pm- 6:45 pm	<b>Zumba</b> 6:15 pm- 7:00 pm	<b>Water Fitness</b> 6:00 pm- 6:45 pm	<b>Zumba</b> 6:15 pm- 7:00 pm		
				<b>Yoga</b> 7:00 pm- 7:45 pm		

Check out the fitness intensity levels!

**Water Fitness:** Low- Medium intensity exercise program to improve flexibility, mobility, range of motion, and boost stamina. **\$9.00 Adult \$6.00 Senior Drop In** (Punch passes frequent user, annual passes maybe used)

**Aqua Zumba:** Medium to high intensity low impact workout incorporating motivating Latin music and dance moves that burn calories, tone muscle, and condition your cardiovascular system. **Check program guide for dates and pricing.**

**30/30:** This unique class will begin with 30 minutes of Chair One Fitness in the classroom. Chair One is a seated, low-impact fitness program that delivers a fun, uplifting, interactive, total body workout, appropriate for everyone. Be sure to wear your swimsuit under your exercise clothes because we will then move to the pool for 30 minutes of low-impact, shallow-water aquatic fitness which will improve joint stability, coordination, heart health, balance, and strength. **\$10 Drop In**

**Yoga:** An all levels class, this yoga flow will get you to grow in strength and flexibility while developing a stronger mind-body connection. (Please bring your own mat) **\$8.30 Drop In**

