

Benderson Adult Swim

Perfect proper stroke techniques and conditioning in a fun and safe environment at our Benderson Family Building.

Aqua Boogie

Low impact water aerobics plus conditioning and abdominal work in the shallow end.

Tuesdays, 10:30 am-11:30 am
Thursdays, 10:30 am-11:30 am
Dottie Shaw Ongoing
\$10/class,
JCC Members FREE

NEW! Aqua Zumba

Ditch the workout and join the party. Come dance and splash in the pool with Betsy Hare.

Sundays, 11:00 am-12:00 am
Betsy Hare Ongoing
\$10/class,
JCC Members FREE

Drills & Thrills

Conditioning and body sculpting in 30 minutes. Limited to 16 participants, registration required.

September 13-December 4
Mondays & Fridays
8:25 am-9:00 am
\$10/class,
JCC Members \$60 (11 weeks)

Flexorcise

Walking, stretching, and range of motion exercises with a certified Arthritis Foundation instructor. Advanced class called "Deep Water Flexorcise" held in the deep end.

Mondays, Wednesdays,
Fridays, 1:30 pm-2:15 pm
Tom LeValley, Donna Moore
& Julie Kingsley
\$65/12 Sessions,
JCC Members FREE

Deep Water Flexorcise
Mondays, 1:00 pm-1:30 pm

Pool Interval Training

High intensity exercise for brief periods with moderate rest. Excellent cardiovascular workout.
Tuesdays, 6:30 pm-7:30 pm
Thursdays, 6:30 pm-7:30 pm
\$10/class,
JCC Members FREE

Water Aerobics

Cardio and resistance training for the upper & lower body. Use water weights and aerobics to tone and burn calories with an ab training.

Mondays, Wednesdays,
Fridays, 10:30 am-11:30 am
Betty Smith Ongoing
\$10/class, JCC Members FREE

Water Exercise

A moderate aerobic workout that concentrates on conditioning using water weights. Moves done suspended in deep or shallow water, with aqua belt.

Mondays, Wednesdays,
Fridays, 9:00 am-10:00 am
Betsy Hare Ongoing
JCC Members only FREE

Small Group Interval Training

Maximize your cardio training with Betsy Hare. For experienced exercisers. Limited to 15 participants. Registration required.

September 13-December 4
Tuesdays & Thursdays (11 weeks)
8:30 am-9:30 am
JCC Members only \$75
10:30 am-11:15 am
JCC Members only \$65

ADULT

aquatics

