

RiverChase Water Aerobics

Water Aerobics Flex Pass Fees

**Flex Passes expire 120 days from date purchased*

8 Punch	\$50.96 - Residents and Members / \$56 - Non-Members
16 Punch	\$89.92 - Residents and Members / \$100 - Non-Members
32 Punch	\$174.72 - Residents and Members / \$189.76 - Non-Members
Daily Pass	\$8

Water Aerobics Class Schedule

Monday	9:00 - 9:55 a.m.	10:00 - 10:55 a.m.	11:00 - 11:55 a.m.	7:10 - 7:55 p.m.
	Aquacise	Aquacise	Water Pilates	Aqua Zumba
Tuesday		*10:30 - 11:25 a.m. Deep Water Aerobics		6:00 - 7:00 p.m. Total Body Workout
Wednesday	9:00 - 9:55 a.m.	10:00 - 10:55 a.m.	11:00 - 11:55 a.m.	7:10 - 7:55 p.m.
	Aquacise	Aquacise	Water Pilates	Aqua Zumba
Thursday		*10:30 - 11:25 a.m. Deep Water Aerobics		6:00 - 7:00 p.m. Total Body Workout
Friday	9:00 - 9:55 a.m.	10:00 - 10:55 a.m.	11:00 - 11:55 a.m.	
	Aquacise	Aquacise	Water Pilates	
Saturday	8:30 - 9:25 a.m.			
	Total Body Workout			

** = outdoor pool season*

Schedule subject to change without notice at the Supervisor's discretion.

Water Pilates

Pilates is a mind/body fitness regiment addressing core muscles of the body. Focus is on posture, flexibility, breathing improvement, energy enhancement and a sense of well-being.

Aquacise

Join us for this moderate level water exercise class that will focus on cardiovascular fitness and muscle conditioning using noodles and water weights.

Total Body Workout

Looking for a fun workout that doesn't put a strain on your body? Join us as we pump through a moderate to fast paced workout to improve your cardiovascular strength and muscle tone.

Aqua Zumba

Ditch the machines and steps. Participate in this popular, 45-minute, Caribbean water workout. Water shoes are recommended.