

RiverChase Water Aerobics

Water Aerobics Flex Pass Fees

**Flex Passes expire 120 days from date purchased*

8 Punch	\$55 - Residents and Members / \$60 - Non-Members
16 Punch	\$100 - Residents and Members / \$110 - Non-Members
32 Punch	\$185 - Residents and Members / \$200 - Non-Members
Daily Pass	\$8

Water Aerobics Class Schedule

	9:00 - 9:55 a.m.	10:00 - 10:55 a.m.	11:00 - 11:55 a.m.	
Monday	Aquacise	Aquacise	Water Pilates	
Tuesday			4:30 - 5:25 p.m. Total Body Workout	5:45 - 6:40 p.m. Total Body Workout
Wednesday	Aquacise	Aquacise		7:00 - 7:55 p.m. Aqua Zumba
Thursday				6:30 - 7:25 p.m. Aqua Fit
Friday	Aquacise	Aquacise	Water Pilates	
Saturday	8:30 - 9:25 a.m. Total Body Workout			

*Schedule subject to change without notice at the Supervisor's discretion. *highlighted classes are new times*

Aquacise

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

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.

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 Fit

This is a fantastic class for ALL ages and fitness levels. If you have joint issues, back issues, whatever issues, this is your class. You can work as hard as you like or just do what you can. Whatever your case, just be ready to have fun!

Aqua Zumba

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