



Adult Aquatics Schedule

www.FitnessErie.com
(814) 459-3033

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:50 Hydro-Power <i>Elaine</i>		9:00-9:50 Hydro-Power <i>Elaine</i>		9:00-9:50 Hydro-Power <i>Tammy</i>		
10:00 Water Fitness <i>Marie</i>	10:00 Water Fitness <i>Marie</i>	10:00 Water Fitness <i>Ann</i>	10:00 Water Fitness <i>Marie</i>	10:00 Water Fitness <i>Elaine</i>		
	4:00 Water Fitness <i>Marie</i>		4:30 Water Fitness <i>Marie</i>			

For group and private swimming lessons for children and adults, please inquire at our front desk.

FACILITY HOURS:

Monday-Friday: 5:00am - 10:00pm

Saturday: 6:00am - 6:00pm

Sunday: 6:00am - 6:00pm

Effective 10.11.2021

BABYSITTING HOURS:

Minimum Age: 1 Year, 2 Hour Limit

Monday-Friday: 7:45am – 1:00pm
3:45pm – 8:00pm

Saturday: 7:45am - Noon

Sunday: Closed

**Classes Subject to Change*

Adult Aquatics Class Descriptions

Exercising in the water has several advantages for all fitness levels. Water buoyancy lessens the stress on weight-bearing joints, making movement more comfortable and is a great cross-training activity. The water also provides mild resistance to all movements.

**Shoes & Water Bottles are recommended for all classes.
Webbed gloves are recommended for Water Fitness classes.**



WATER FITNESS - Using the water's resistance, an environment is created to improve cardiovascular conditioning, strength & endurance, as well as flexibility & balance. It provides a lower-impact alternative to land-based exercise. Exercises are performed primarily in a vertical position in a chest-to-navel water depth and are "non-swimmer" friendly. 60-minute class.



HYDRO-POWER is a higher intensity total body water workout. Experience cardio, core, muscle strengthening, balance and stretching in under one hour!