



Adult Aquatics Schedule

www.FitnessErie.com
(814) 459-3033

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:50 Hydro-Power Jeanine		9:00-9:50 Hydro-Power Elaine		9:00-9:50 Hydro-Power Tammy		
10:00 Water Fitness Marie	10:00 Water Fitness Marie	10:00 Water Fitness Marie	10:00 Water Fitness Marie	10:00 Water Fitness Jeanine		
	4:00 Water Fitness Marie		4:00 Water Fitness Marie		<p><i>For group and private swimming lessons for children and adults, please inquire at our front desk.</i></p> <p>FACILITY HOURS: Monday-Friday: 5:00am - 10:00pm Saturday: 6:00am - 6:00pm Sunday: 6:00am - 6:00pm <i>Effective 10.11.2021</i></p> <p>BABYSITTING HOURS: Minimum Age: 1 Year, 2 Hour Limit</p> <p>Monday-Friday: 7:45am – 1:00pm 3:45pm – 8:00pm</p> <p>Saturday: 7:45am - Noon Sunday: Closed</p>	
				*Classes are subject to change 9.6.24		

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!