

ALL CLASSES IN THE RECREATION POOL

July 2021



Sign Up/Attendance Policies

-Daily Drop Ins– Dailey Class Admission is \$8 per person.

-Equipment is available for those who wish to use it for fitness.

-If you have any questions on our classes call 336-315-8498.

Pool Policies

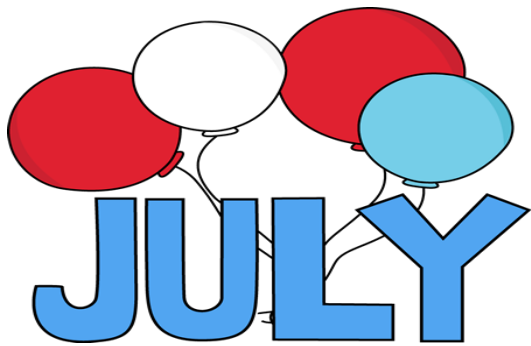
-Shower required before entry to pool.

-Lap lanes will stay in for classes.

- Please sanitize equipment before and after each use.

- Please put back any equipment that you use for the class.

Mon	Tue	Wed	Thu	Fri	Sat
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July is....

Mental Health Awareness Month

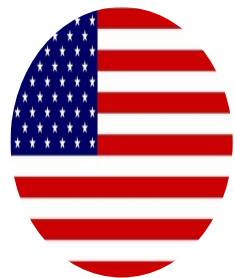
The CDC says, "Water-based exercise improves mental health. Swimming can improve mood in both men and women ¹⁰. For people with fibromyalgia, it can decrease anxiety and exercise therapy in warm water can decrease depression and improve mood."

We encourage you to step away from your day to day stressors, sign up for a class, and witness the amazing benefits of Aquatic exercise.

Call or go online at least 1 day prior to sign up!



GREENSBORO AQUATIC CENTER



Water Exercise Class Descriptions



Conditioning:

This class will focus on water walking, jogging, and running to combine body conditioning with cardio. Appropriate for all fitness and swim levels.

Senior H2O:

An enjoyable, safe exercise program designed to increase feeling of well being and improved performance of daily activities

WECOACH:

A total body workout that are catered to hit 5 important components of fitness: cardiovascular, neuromotor, muscular strength, muscular endurance, and flexibility. What you put into the work out is what you get!

Deep water:

Participants should be comfortable and able to propel themselves in 7+ft deep water. All over toning and cardiovascular program with float belt assistance

Aqua Dance:

Designed to fire up the core muscles and strengthen the glutes, hamstrings and back muscles. Seniors will learn a gentle way back to those dance styles they love

Aqua Meditation:

Designed to decrease stress and increase energy by using the water in a flowing yet powerful progress, increases oxygen and caloric consumption with correct form and positioning in water

Blast & Burn Circuit

Combining WeCoach, in-water boxing and bikes to create an exciting variety of equipment usage and explosive workouts

Volleyball:

Strengthen the upper body, arms and shoulders as well as the muscles of the lower body. Playing volleyball also improves the cardiovascular and respiratory systems. Enhance the energy level and improves your overall performance.

Open Swim:

Participants should be comfortable in 17ft deep water. There will be no instructor, but the space is provided for participants to do their individual workouts.

Pricing

Drop ins \$8

All fitness classes included in membership