

Water Aerobics Schedule

Fall Schedule

(Effective September 8)

MON	TUE	WED	THU	FRI
8:45am to 9:45am Water Power		8:45am to 9:45am Water Power		8:45am to 9:45am Water Power
9:45am to 10:40am Aqua Fitness	11:00am to 11:45am Arthritis Class	9:45am to 10:40am Aqua Fitness	11:00am to 11:45am Arthritis Class	9:45am to 10:40am Aqua Fitness
10:45am to 11:30am Deep Water Fitness		10:45am to 11:30am Deep Water Fitness		10:45am to 11:30am Deep Water Fitness
6:45pm to 7:30pm Power Plunge		6:45pm to 7:30pm Power Plunge		

Class Descriptions

Power Plunge

An energizing optimum workout targeting performance and endurance with strength and cardiovascular fitness. All levels welcome.

Arthritis Class

Gentle activities with the guidance from a certified instructor. All levels welcome.

Deep Water Fitness

Cardiovascular and resistance conditioning without impact.

Aqua Fitness

Light to moderate cardiovascular, strengthen and flexibility conditioning using the total body. No swimming ability required. Beginner to Intermediate.

Water Power

High energy class with toning and cardiovascular workout.

For water aerobic information contact
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All classes meet at the Barbara L. Levine Indoor Pool unless otherwise noted. Aerobic schedule subject to change.

