

Water Aerobics Schedule

JCC Water Aerobics Schedule

MON	TUE	WED	THU	FRI
8:45am to 9:45am Water Power Nadja		8:45am to 9:45am Water Power Nadja		8:45am to 9:45am Water Power Nadja
9:45am to 10:30am Aqua Fitness Nadja		9:45am to 10:30am Aqua Fitness Nadja		9:45am to 10:30am Aqua Fitness Nadja
10:30am to 11:15am Deep Water Fitness Nadja	11:00am to 11:45am Arthritis Aquatic Program Shawn	10:30am to 11:15am Deep Water Fitness Nadja	11:00am to 11:45am Arthritis Aquatic Program Shawn	10:30am to 11:15am Deep Water Fitness Nadja
6:45pm to 7:30pm Indoor Pool Power Plunge Nadja		6:45pm to 7:30pm Indoor Pool Power Plunge Staff		

Class Descriptions

Water Power

High-energy class with toning & cardiovascular workout. Intermediate to advanced.

Power Plunge

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

Arthritis Foundation Aquatic Program

Do gentle activities with the guidance from a certified Arthritis Foundation instructor. All levels welcome.

Deep Water Fitness

Cardiovascular and resistance conditioning without impact. All levels welcome.

Aqua Fitness

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

For water aerobic information contact
Peter Perers • 704.944.6745

Aerobic schedule subject to change.



Sandra & Leon Levine Jewish Community Center
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