



# Water Aerobics Schedule

## Barbara L. Levine Indoor Pool



**EFFECTIVE: Monday, August 3**

MON	TUE	WED	THU	FRI
<b>9:45am</b> Water Power <i>Nadja</i>	<b>9:45am</b> Deep Water Fitness <i>Nadja</i>	<b>9:45am</b> Water Power <i>Nadja</i>	<b>9:45am</b> Deep Water Fitness <i>Nadja</i>	<b>9:45am</b> Water Power <i>Rotating Instructors</i>
<b>10:45am</b> Aqua Fitness <i>Nadja</i>	<b>10:45</b> Aqua Fitness <i>Shawn</i>	<b>10:45am</b> Aqua Fitness <i>Nadja</i>	<b>10:45</b> Aqua Fitness <i>Shawn</i>	<b>10:45am</b> Aqua Fitness <i>Kimberly</i>
<b>11:45am</b> Deep Water Fitness <i>Nadja</i>	<b>11:45am</b> Arthritis Class <i>Shawn</i>	<b>11:45am</b> Deep Water Fitness <i>Nadja</i>	<b>11:45am</b> Arthritis Class <i>Shawn</i>	<b>11:45am</b> Deep Water Fitness <i>Kimberly</i>



### Questions about Water Aerobics?

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*Schedule subject to change.*

### Class Descriptions:

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

**Arthritis Class** – All levels welcome. Gentle activities with the guidance from a certified instructor.

**Deep Water Fitness** – Cardiovascular and resistance conditioning without impact.

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

**Water Power** – High energy class with toning and cardiovascular workout.