

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AQU 9:30 am	AQU 9:30 am	AQU 9:30 am	AQU 9:30 am	AQU 10:00 am	Aqua ZUMBA 9:30
	AWE 1:30 pm		AWE 1:30 pm		
FIT 5:30 pm	AQU 5:30pm	FIT 5:30 pm			

AQU (Aquacise): A moderately intense cardiovascular workout incorporating strength and flexibility training in the water.

AWE (Arthritis Water Exercise): A low-intensity aquatic program designed for those who suffer from arthritis. The program will help improve muscular strength and joint mobility.

FIT (AquaFit): A water aerobic program designed for individuals looking for a high-intensity workout. Deep water training and the use of aquatic equipment will enhance the intense cardiovascular workout.

Aqua ZUMBA: A class that takes the music and movements from Zumba and takes the fun into the pool. (Pool will be closed to lap swimming during class time*)**

All Classes are 1 hour. Times subject to change – SCHEDULE EFFECTIVE March 25th 2024



Join Water Exercise

Lutheran General Fitness Center offers a variety of classes to enhance your cardiovascular fitness, increase strength and improve flexibility while decreasing your chance of injury. Water exercise is safe and fun for people of all ages and physical conditions. The buoyancy of the water reduces weight-bearing stress on the joints while the resistance of the water provides a medium by which to strength-train the muscular system. Water exercise classes provide a refreshing way to shed extra pounds, tone up and stay physically fit. No swimming skills are required.

All Classes are FREE to Fitness Center Members

- Yoga
- Group Exercise Classes
- Arthritis Exercise Classes
- Aqua Zumba

Other Fitness Center Activities

- Community Memberships
- Massage Therapy
- Health & Fitness Incentive Programs
- Personal Training
- Phase III Cardiac Rehab & Pulmonary Rehab

Admission Requirements

A Physician Approval may be required before participating in any class. All participants must complete a health history and emergency contact form upon registering. All forms can be picked up at the Fitness Center Front Desk. Limited refunds after first day of class for health reasons or COVID-19 restrictions. Classes may be cancelled due to low enrollment.

12 week Sessions (Winter, Spring, Summer)

3 times per week: \$180

Twice weekly: \$120

Once weekly: \$60

2024 Water Exercise Class Registration Schedule Winter Session 2024

Jan 2nd – Mar 23rd

Break Week: Mar 25th – Mar 30th

Spring Session 2024

Apr 1st – June 22nd

Break Week: June 24th – June 29th

Summer Session 2024

July 1st – Sept 21st

Break Week: Sept 23rd – Sept 28th

Fall Session 2024

Sept 30th – Dec 21st

Break Week: Dec 23rd – Dec 28th