

SEVEN HILLS ADULT WATER EXERCISE

- All water aerobics classes are offered through our punch card system
- Blue punch cards are good for 12 water classes (cards expire after 8 months)
- Members: \$38, Non-Members: \$50, drop in: \$8

For more information contact Leigh at leighowen@aol.com.

HIIT

Tuesdays & Thursdays | 8:15-8:45 am

This high-intensity interval training (HIIT) program eases joint stress while maximizing your muscle overload!



Cardio and Toning

Tuesdays & Thursdays | 9-9:45 am & 6-7 pm

Combination of cardio intervals along with strengthening and toning moves. Great for beginners and those with experience.



Low-Impact Water Exercise

Mondays, Wednesdays, & Fridays | 9-9:45 am

Get a great workout without the pain! Low impact but high intensity!



Arthritis Foundation Aquatic Program:

Mondays, Wednesdays, & Fridays | 10-10:45 am

FREE TO SILVER & FIT!

This program is specifically geared toward adults with arthritis or those seeking a no-impact workout. Class is held in the shallow end of the lap pool.

All participants are instructed in gentle aquatic activities under the guidance of a certified Arthritis Foundation instructor.



Aqua Barre

Mondays: | 7:45-8:45pm

Combines all components of cardio, strength, and flexibility into one class. Ballet barre combines principles of ballet, yoga, and Pilates. Great for beginners and those with experience! (This punch card good for aqua barre only!)