

# ADULT WATER EXERCISE

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



## **SilverSplash**

*Tuesdays & Thursdays from 10 am to 10:45 am*

Shallow water exercise for all skill levels to increase strength and cardiovascular exercise.

## **Arthritis Foundation Aquatic Program**

*Mondays, Wednesdays, & Fridays from 10 am to 10:45 am*

**FREE TO SILVER & FIT!**

This program is specifically geared toward people with arthritis or those seeking a no-impact workout and 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.

## **Low-Impact Water Exercise**

*Mondays, Wednesdays, & Fridays from 9 am to 9:45 am*

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

## **Cardio and Toning**

*Tuesdays & Thursdays from 6 pm to 7 pm*

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

## **Aqua Barre**

*Mondays from 7:45 pm to 8:45 pm*

Combine all components of cardio, strength, and flexibility in one class.

Ballet barre combines principles of ballet, yoga, and Pilates. Great for beginners & all with experience!\*

**\*Requires a separate punch card used specifically for Aqua Barre**



Contact Leigh with questions at  
[aquatics@sevenhillsohio.org](mailto:aquatics@sevenhillsohio.org) or 216-524-6262