

# The Wellness Center at The League

## Aerobics

### SCHEDULE 2020

Session I:	January 6th –February 29th	<i>Makeup week: March 2nd –7th</i>
Session II:	March 9th– May 2nd	<i>Makeup week: May 4th-9th</i>
Session III:	May 11th– July 4th	<i>Makeup week: July 6th –11th</i>
Session IV:	July 13th–September 5th	<i>Makeup week: September 7th-12th</i>
Session V:	September 14th –November 7th	<i>Makeup week: November 9th-14th</i>
Session VI:	November 16th– December 19th	<i>Mini-Session 5 Weeks (No Make-Up)</i>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30-7:30 am <b>Water Aerobics</b>  Linda Tisdale		6:30-7:30 am <b>Water Aerobics</b>  Linda Tisdale		7:00-8:00 am <b>AM Jam</b>  Gail Williams-Glasser
11:00 - 12:00 pm <b>The “T” Experience</b> Tamarra Fleming	12:00 - 1:00 pm <b>Aqua Arthritis Plus</b> Judy Mayberry	11:00 - 12:00 pm <b>The “T” Experience</b> Tamarra Fleming	12:00 - 1:00 pm <b>Aqua Arthritis Plus</b> Judy Mayberry	11:00 - 12:00 pm <b>The “T” Experience</b> Tamarra Fleming	
7:00-8:00 pm <b>Aqua Happy Hour “A”</b> Gail Williams-Glasser	7:00-8:00 pm <b>Water Aerobics</b> Karen Wilson	7:00-8:00 pm <b>Aqua Happy Hour “B”</b> Karen Wilson	7:00-8:00 pm <b>Water Aerobics</b> Karen Wilson		
		8:00-9:00 pm <b>Aqua Zumba</b>  Tamarra Fleming			

Aerobic Session Prices based on an 8-week full session:			
	Premier Member	Regular Member	Non-Member

1 Class	Included	\$35/Mini \$25	\$45/Mini \$30
2 Classes	Included	\$55/Mini \$40	\$65/Mini \$45
3 Classes	Included	\$75/Mini \$55	\$85/Mini \$60
4 Classes	\$25/Mini \$20	\$95/Mini \$70	\$105/Mini \$75

Zumba Session Prices based on a 8-week mini-session:			
	Premier Member	Regular Member	Non-Member

1 Class	\$25	\$35	\$45
2 Classes	\$45	\$60	\$70
3 Classes	\$65	\$85	\$95
4 Classes	\$85	\$110	\$120

# CLASS DESCRIPTIONS

- **AM JAM:** This is the class for those who want to JAM first thing in the morning. This is a full, active, one-hour cardio class in the water. We use floats and constantly move. Leave refreshed and ready to start your weekend. All fitness levels are welcome; participants are requested to use water shoes.

**Instructor: Gail Williams-Glasser**

- **AQUA ARTHRITIS PLUS:** Designed for people with arthritis and other movement limitations. This class, given in our therapeutically heated pool, aims to increase range of motion, flexibility and reduce pain.

**Instructor: Judy Mayberry**

- **AQUA HAPPY HOUR "A":** A non-impact intense 60-minute workout that improves cardiovascular endurance. The class is for all levels of fitness. Be sure to inform the instructor of any medical concerns.

**Instructor: Gail Williams-Glasser**

- **AQUA HAPPY HOUR "B":** A non-impact intense 60-minute workout that improves cardiovascular endurance. The class is for all levels of fitness. Be sure to inform the instructor of any medical concerns.

**Instructor: Karen Wilson**

- **A.M. WATER AEROBICS:** A low to moderate-impact, Water Workout that improves flexibility, increase range of motion, & aid in weight loss.

**Instructor: Linda Tisdale**

- **P.M. WATER AEROBICS:** A non-impact, intense water workout that will improve muscle tone and cardiovascular fitness. Get fit in the water!

**Instructor: Karen Wilson**

- **AQUA ZUMBA** features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

**Instructor: Tamarra Fleming-Winbish**

## ADDITIONAL F.Y.I

- ***There will be NO REFUNDS.***
- ***Please plan to arrive 15 minutes prior to the start of class to allow adequate time for scanning in, making drop-in or session payments and changing clothes.***
- ***Please reregister at the beginning of each 8-week session. If you are not registered for a class, your name will not be listed on the class roster at the beginning of each class, which means if a class is canceled for any reason, we have no way in which to notify you.***
- ***Instructors subject to change without notice. Check with the Wellness Center for updates.***
- ***All classes 60 MINUTES unless otherwise indicated.***