

The Wellness Center at The League

Aerobics

SCHEDULE 2019

Session I:	March 25th – May 18th	<i>Makeup week: May 20th - 25th</i>
Session II:	May 27th – July 20th	<i>Makeup week: July 22nd – 27th</i>
Session III:	July 29th - September 21st	<i>Makeup week: September 23rd - 28th</i>
Session IV:	September 30th - November 23rd	<i>Makeup week: November 25th - 27th</i>
Session V:	December 2nd - December 21st	<i>DROP – INS ONLY — \$7.00 per class</i>

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

Aerobic Session Prices based on an 8-week full session:

	Member	Non-Member
1 Class	\$35	\$45
2 Classes	\$55	\$65
3 Classes	\$75	\$85
4 Classes	\$95	\$105

Zumba® Session Prices based on a 8-week full session:

	Member	Non-Member
1 Class	\$35	\$45
2 Classes	\$60	\$70
3 Classes	\$85	\$95
4 Classes	\$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, increases range of motion, & aids 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

- **THE “T” EXPERIENCE:** This class targets all aspects of fitness through movement in water. This class will incorporate the same exercises from your favorite aquatic fitness classes and so much more. This class offers a full body workout with core challenge movements in our therapeutic pool. This program is intended for people who want to increase muscle mass, balance and core strength .

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.***