



Town of Tonawanda Aquatic & Fitness Center

One Pool Plaza, Tonawanda, NY 14223 ~ 876-7424

Aquatic Fitness Classes October, 15 - December 23, 2018



CODE #	CLASS	DATES	DAY	TIME	CLASS FEES MEM/NON-MEM
442079-05	<i>HydroFit (Gail)</i>	10/15 - 12/19	M/W	7:45 - 8:45 am	\$60/\$100
442090-05	<i>Dual Depth (Gail)</i>	10/15 - 12/19	M/W	9:00 - 10:00 am	\$60/\$100
442089-05	<i>Aqua Fusion (Penny)</i>	10/15 - 12/21	M/F	10:15 - 11:15 am	\$57/\$95 No class 10/19
442084-05	<i>Waterobics (Amy S.)</i>	10/17 - 12/19	W	10:15- 11:15 am	\$30/\$50
442085-05	<i>Pool Palooza (Amy T.)</i>	10/17 - 12/19	W	5:30 - 6:30pm	\$30/\$50
442083-05	<i>Gentle Watercise (Mo)</i>	10/15 - 12/21	M/W/F	11:20 - 12:20 pm	\$87/\$145 No class 10/19
442084-06	<i>Waterobics (Amy S.)</i>	10/16 - 12/20	T/THU	9:10 - 10:10 am	\$57/\$95 No class 11/22
442088-05	<i>Weekday Splash (Joan)</i>	10/16 - 12/20	T/THU	11:30 - 12:30 pm	\$57/\$95 No class 11/22
442082-05	<i>Deep Water (Mary D.)</i>	10/16 - 12/20	T/THU	5:10 - 6:10 pm	\$57/\$95 No class 11/22
442080-05	<i>High Intensity Waterobics (Cynthia)</i>	10/16 - 12/20	T/THU	6:15 - 7:15 pm	\$57/\$95 No class 11/22
442081-05	<i>Aquarobics (Mary D.)</i>	10/19 - 12/21	F	7:45 - 8:45am	\$27/\$45 No class 10/19
442081-06	<i>Aquarobics (Mary D.)</i>	10/19 - 12/21	F	9:00 - 10:00am	\$27/\$45 No class 10/19
442087-05	<i>Sunday Splash (Joan)</i>	10/21 - 12/23	SUN	10:30 - 11:30 am	\$27/\$45 No class 10/28

Member Registration - Monday, October 1, 2018.

Non-Member & Online Registration - Monday, October 8, 2018

Note To All Non-Members: Registration entitles you to participate in the class ONLY!

Fees Payable to: Town of Tonawanda

POOL TEMPERATURE IS KEPT BETWEEN 82 and 83 DEGREES

Joseph H. Emminger, Supervisor
Town of Tonawanda

Dan Crangle, Councilman
Chairman, Youth, Parks & Recreation Committee

Mark D. Campanella Sr., Superintendent
Parks & Recreation Department

Fun Facts about ALL water exercise classes:

- ◆ Water aerobics is good for those with low back pain.
- ◆ The Aquatic Exercise Association (AEA) says "deep water is a non-impact environment and significantly reduces the compressive load on the spine."
- ◆ All water exercises in **all** classes can be modified by the participant to either increase or decrease the intensity of the workout
- ◆ Studies show that participants stay motivated and dedicated to their water fitness because of the positive peer support of Aquatic Exercise

Class Descriptions

Aquarobics: Non-stop, very effective and guided body-toning movement using aquatic dumbbells and noodles. This class offers a peaceful, full-body workout including wall work and cool down. The intensity can easily be adjusted by each individual as one improves strength, flexibility, range of motion, coordination, balance and endurance. Join this class for a lighthearted, social start to the day.

Aqua Fusion: Aqua Fusion is a combination of water aerobics, Pilates, and dance designed to tone and strengthen the entire body. It emphasizes engaging the core to improve stability and balance.

Gentle Watercise: This class provides an environment for our friends with joint problems and arthritis to participate in an exercise program that will work on maintaining flexibility, range of motion, endurance, strength, balance and coordination.

Dual Depth: Formatted to allow participation in either the shallow or deep end of the pool, this core-centric class features segments of active movement designed to challenge cardio-respiratory endurance, muscular strength and joint mobility. PLEASE NOTE: Deep end participation provides for a zero-impact workout. The use of a floatation belt is required (provided).

HydroFit: Shallow water format designed to achieve or improve overall fitness. Traditional aquatic base moves, buoyancy and resistance lead to gains in cardio endurance, muscle strength and joint mobility. Get WATERproofed!

Deep Water: A sensational feeling! An intense non-stop core workout, with full-body movement in the deep end of the pool utilizing aquatic dumbbells and noodles as well as our own body's resistance. Flotation belts are worn around the waist removing the need to tread water while facilitating body movement.

Weekday Splash: A total body workout that can be customized to your ability. Moves including stretching, cardio and gentle resistance with noodles. For an extra challenge you can do the cardio with weights.

Sunday Splash: This class will be adjusted to accommodate the needs of all participants. Movements will be modeled on different levels of difficulty. A variety of cardio and strength exercises will be included.

Waterobics: An advanced program of at least 40 minutes of aerobics, followed by strengthening exercises. Resistance equipment will be used in this class!

High Intensity Waterobics with Cynthia: High energy aerobics that incorporate plyometrics, karate kicks, Tabata and wall work.

Pool Palooza: A brand new exuberant water fitness "party" where we'll roll, twist, shimmy, kick, frolick and boogy to our favorite dance music.