



# Town of Tonawanda Aquatic & Fitness Center

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

## Aquatic Fitness Classes October 23 - December 24, 2017

CODE #	CLASS	DATES	DAY	TIME	CLASS FEES MEM/NON-MEM
442081-05	<i>Aquarobics</i> (Mary D.)	10/23 - 12/22	M/W/F	7:45 - 8:45 am	\$81/\$135
442081-06	<i>Aquarobics</i> (Mary D.)	10/23 - 12/20	M/W	9:00 - 10:00 am	\$54/\$90
442089-05	<i>Gentle Aqua Fusion</i> (Penny)	10/23 - 12/22	M/F	10:15 - 11:15 am	\$54/\$90
442084-05	<i>Waterobics</i> (Amy S.)	10/25 - 12/20	W	10:15- 11:15 am	\$27/\$45
442083-05	<i>Gentle Watercise</i> (Mo)	10/23 - 12/22	M/W/F	11:20 - 12:20 pm	\$81/\$135
442086-05	<i>Aqua Boot Camp</i> (Erin)	10/23 - 12/18	M	6:00 - 7:00 pm	\$27/\$45
442085-05	<i>Aqua Zumba</i> (Charlene)	10/25 - 12/20	W	5:30 - 6:30 pm	\$27/\$45
442084-06	<i>Waterobics</i> (Amy S.)	10/24 - 12/21	T/THU	9:10 - 10:10 am	\$51/\$85 No class 11/23
442088-05	<i>Weekday Splash</i> (Joan)	10/24 - 12/21	T/THU	11:30 - 12:30 pm	\$51/\$85 No class 11/23
442082-05	<i>Deep Water</i> (Mary D.)	10/24 - 12/21	T/THU	5:05 - 6:05 pm	\$51/\$85 No class 11/23
442080-05	<i>High Intensity Waterobics</i> (Cynthia)	10/24 - 12/21	T/THU	6:10 - 7:10 pm	\$51/\$85 No class 11/23
442090-05	<i>H2O FUNCTIONAL FLOW</i> (Gail)	10/27 - 12/22	F	9:00 - 10:00 am	\$27/\$45
442087-05	<i>Sunday Splash</i> (Joan)	11/5 - 12/24	SUN	10:30 - 11:30 am	Class starts 11/4 \$21/\$35 No class 11/26



*Member Registration - Monday, October 9, 2017.*

*Non-Member & Online Registration - Monday, October 16, 2017*

*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

**Jeffrey P. Ehlers, Director**  
Youth, Parks & Recreation Department

Fun Facts about ALL water exercise classes:

- ◆ Because of Water Buoyancy there is at least **50% less** impact on your joints.
- ◆ Water workouts provide 360 degrees of resistance.
- ◆ Studies show that when exercise is fun-we continue to do it!
- ◆ *All water exercises in all classes can be modified by the participant to either increase or decrease the intensity of the workout*

**Class Descriptions**

**Aqua Boot Camp:** A rigorous conditioning class that consists of circuit training, swimming, treading water, and military style drills. Participants **must** be comfortable swimming and treading water at length. A cap, goggles and a competitive swimming background is recommended.

**Aqua Zumba:** Fluid Latin dance water exercise that gets your heart rate up and keeps a smile on your face!

**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.

**Gentle 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.

**H2O FUNctional Flow:** This class is a low impact, core-centric workout featuring aerobic choreography targeting cardio, strength and mobility. Learn how to use the water to achieve personal fitness goals. Low impact doesn't have to be low intensity!

**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.



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