



Town of Tonawanda Aquatic & Fitness Center
 One Pool Plaza, Tonawanda, NY 14223 ~ 876-7424
Aquatic Fitness Classes July 7 - September 1, 2019



CODE #	CLASS	DATES	DAY	TIME	CLASS FEES MEM/NON-MEM
342079-01	<i>HydroFit</i> (Amy T.)	7/8 - 8/28	M/W	7:45 - 8:45 am	\$48/\$80
342089-01	<i>Aqua Fusion</i> (Penny)	7/8 - 8/30	M/F	10:15 - 11:15am	\$48/\$80
342084-01	<i>Waterobics</i> (Amy S.)	7/10 - 8/28	W	10:15-11:15 am	\$24/\$40
342085-01	<i>Aqua Zumba</i> (Starr)	7/10 - 8/28	W	5:30 - 6:30pm	\$24/\$40
342083-01	<i>Gentle Watercise</i> (Mo)	7/8 - 8/28	M/W/F	11:20 - 12:20pm	\$72/\$120
342084-02	<i>Waterobics</i> (Amy S.)	7/9 - 8/29	T/THU	9:10 - 10:10 am	\$48/\$80
342088-01	<i>Weekday Splash</i> (Joan)	7/9 - 8/29	T/THU	11:30 - 12:30 pm	\$48/\$80
342082-01	<i>Deep Water</i> (Mary D.)	7/9 - 8/29	T/THU	5:05 - 6:05 pm	\$48/\$80
342080-01	<i>High Intensity Waterobics</i> (Cynthia)	7/9 - 8/29	T/THU	6:10 - 7:10 pm	\$48/\$80
342081-01	<i>Aquarobics</i> (Mary D.)	7/12 - 8/30	F	7:45 - 8:45am	\$24/\$40
342081-02	<i>Aquarobics</i> (Mary D.)	7/12 - 8/30	F	9:00 - 10:00am	\$24/\$40
342087-01	<i>Sunday Splash</i> (Joan)	7/7 - 9/1	SUN	10:30 - 11:30 am	\$27/\$45



Member Registration - Monday, June 24, 20189.

Non-Member & Online Registration - Monday, July 1, 2019

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:

- ◆ Our exercising heart rate is slightly lower in the pool. Proper upright posture and sound technique are critical to a productive pool workout.
- ◆ If you want to work harder and get stronger all you need to do is **MOVE** more water throughout your workout!
- ◆ A 155-pound person burns about 300 calories in a 60-minute average-level water aerobics class.

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

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.

Dual Depth: This class is recommended for participants who are familiar with water exercise. It is 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.

