

# schedules aqua fitness

Updated and effective **Aug 30-Oct 31, 2010**. Schedules change on the first day of each month. Visit facilities or go to [www.ColumbiaAssociation.org](http://www.ColumbiaAssociation.org) and click on Classes for updated schedules. **Schedule subject to change.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	Deep Water Fitness SWC \$		Deep Water Fitness SWC \$		Deep Water Fitness SWC \$		
9:00 am						Deep Water Fitness SWC \$	
9:00 am						Aqua Fitness CG	
9:30 am	Aqua Fitness CG	Aqua Arthritis + AC	Aqua Fitness CG	Aqua Arthritis + AC	Aqua Arthritis Plus + AC		
9:30 am	Aqua Zumba™ SWC	Aqua Fitness SWC (resumes 9/7)	Aqua Fitness SWC	Aqua Fitness SWC (resumes 9/9)	Aqua Fitness SWC (resumes 9/10)		
10:00 am		Aqua Fitness SSC		Aqua Fitness SSC		Aqua Fitness SSC	Aqua Fitness SSC
10:00 am						Aqua Arthritis Plus + AC	Ai Chi* AC
11:00 am	Aqua Arthritis + AC		Aqua Arthritis Plus + AC		Aqua Arthritis + AC		
11:30 am							
12:30 pm		Aqua Arthritis Plus + AC		Aqua Arthritis Plus + AC			
5:15 pm							
6:30 pm	Aqua Boot Camp SSC	Deep Water Fitness SWC \$		Deep Water Fitness SWC \$			
6:30 pm				Aqua Zumba™ CG			
6:45 pm	Aqua Arthritis + AC		Aqua Arthritis + AC				

## Class Descriptions

**Ai Chi\*** Gentle mind and body exercises in warm water, Package Plan Plus Mbrs only, advance registration required. Classes are 45 minutes.

**Aqua Arthritis +** Gentle exercises to help decrease pain and stiffness. Members free. CA Resident Non-Mbrs with CA Resident card per class fee \$7. Classes are 45 minutes.

**Aqua Arthritis Plus +** Gentle exercises from the arthritis format, plus an emphasis on endurance. Members free. CA Resident Non-Mbrs per class fee \$7 with CA Resident card. Classes are 45 minutes.

**Aqua Boot Camp** Interval based class with varying intensity and equipment to increase strength and aerobic endurance

**Aqua Fitness** Aerobics, flexibility, and muscle conditioning in shallow water.

**Aqua Running** High Intensity shallow/deep water cardio blast with interval training.

**Aqua Zumba™** All of the fun of Zumba, the intensity of dance movements, with the support and resistance of the water.

**Deep Water Fitness Classes \$** Water exercises in the deep end of the pool. Floatation belts available. Free to Package Plan Plus Mbrs. Additional fee for Package Plan and CA Resident Non-Mbrs.

**AC** — Athletic Club, 410-730-6744

**SWC** — Swim Center, 410-730-7000

**SSC** — Supreme Sports Club, 410-381-5355

**CG** — Columbia Gym, 410-531-0800

**Classes** are 55 minutes unless noted.

**Fees, schedules and instructors subject to change.**

## Aqua Fitness Policies

+ Free to Mbrs, CA Resident Non-Mbrs, (with CA Resident Card) \$7 per class.

\$ Additional fee for Package Plan, Club Mbrs, CA Resident Non-Mbrs. Free to Package Plan Plus Mbrs.

\* Package Plan Plus Mbrs only.

**Fees** Shallow Water Fitness classes are free to Mbrs and at the Daily Admission Rate for CA Resident Non-Mbrs. An additional fee is required for Deep Water Fitness Classes. Fees are subject to change. Ai Chi is for PPP Mbrs only.

**Attendance** Consistent attendance of ten or more is required for a class to remain on the schedule. The schedule is subject to change.

### Inclement Weather/ Snow Policy/ Attendance

1. All pools will close for thunder and lightning and remain closed for 30 minutes after the last report of thunder or lightning.
2. When Howard County Public Schools are closed or delayed, there will be no classes before 11am. When Howard County Public Schools are closed, please call the club or the CA Inclement Weather Hotline (410-715-3154) after 10am for updates on classes and programs held after 11am. Should the weather deteriorate during the day, please call before your evening class.
3. Consistent attendance of 10 or more is required for a class to remain on the schedule. All classes are 55 minutes, except Aqua Arthritis, Aqua Arthritis Plus, Aqua Fusion and Ai Chi, which are 45 minutes.
4. Anyone 14 years of age and older may participate in aqua exercise classes.
5. Class times may be altered by 5 minutes to allow staff to set up the pool.