

# 2018 Summer Fitness Classes

All classes held at the Seymour Community Aquatic Center



**Summer Session**  
June 11<sup>TH</sup>-August 31<sup>ST</sup>

**Registration Opens**  
**Tuesday, June 5<sup>TH</sup>**  
at the

**Seymour  
Community  
Aquatic Center**

*A Minimum of 4 participants  
needed to run the class.*



## AQUA AEROBICS

A low impact class set to music where you can choose your intensity while increasing your cardiovascular fitness and muscular strength with the natural resistance of the water.

Extra resistance may be used by adding noodles and resistance dumbbells.

T/Th/Fri 6:00-7:00 am

Fee: \$30, \$5 drop in rate or punch card

W 5:30-6:30 pm

Fee: \$30, \$5 drop in rate or punch card

## SENIOR FIT CLUB

A low impact class designed for our seniors and held in our zero depth entry, 92 degree pool. You can choose your intensity while maintaining/improving your range of motion, joint and muscle flexibility and muscular strength with the natural resistance of the water. Extra resistance may be used by adding noodles and resistance dumbbells.

Mon-Thur Noon - 1 pm

Fee: FREE with membership, \$5 drop in rate or punch card

**10 class punch cards are now available to purchase for \$30. When registering for classes, you can choose to pay the class fee or purchase a 10 class punch card that is good for one calendar year**

**Note: Classes will not meet  
July 2<sup>ND</sup> - July 6<sup>TH</sup>**

**Seymour Community Aquatic Center**  
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