



Town of Tonawanda Aquatic & Fitness Center

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

Aquatic Fitness Classes August 28th - October 22, 2017

CODE #	CLASS	DATES	DAY	TIME	CLASS FEES MEM/NON-MEM
442081-01	<i>Aquarobics</i> (Mary D.)	8/28 - 10/20	M/W/F	7:45 - 8:45 am	\$72/\$120
442081-02	<i>Aquarobics</i> (Mary D.)	8/28 - 10/18	M/W	9:00 - 10:00 am	\$48/\$80
442089-03	<i>Gentle Aqua Fusion</i> (Penny)	8/28 - 10/19	M/F	10:15 - 11:15 am	\$48/\$80
442084-01	<i>Waterobics</i> (Amy S.)	8/30 - 10/18	W	10:15- 11:15 am	\$24/\$40
442083-01	<i>Gentle Watercise</i> (Mo)	8/28 - 10/20	M/W/F	11:20 - 12:20 pm	\$69/\$115 No class 9/4
442086-01	<i>Aqua Boot Camp</i> (Erin)	9/11 - 10/16	M	6:00 - 7:00 pm	\$18/\$30 Starts 9/11
442085-01	<i>Aqua Zumba</i> (Charlene)	8/30 - 10/18	W	5:30 - 6:30 pm	\$24/\$40
442084-02	<i>Waterobics</i> (Amy S.)	8/29 - 10/19	T/THU	9:10 - 10:10 am	\$48/\$80
442088-01	<i>Weekday Splash</i> (Joan)	8/29 - 10/19	T/THU	11:30 - 12:30 pm	\$48/\$80
442082-01	<i>Deep Water</i> (Mary D.)	8/29 - 10/19	T/THU	5:05 - 6:05 pm	\$48/\$80
442080-01	<i>High Intensity Waterobics</i> (Cynthia)	8/29 - 10/19	T/THU	6:10 - 7:10 pm	\$48/\$80
442090-01	<i>H2O FUNctional FLOW</i> (Gail)	9/1 - 10/20	F	9:00 - 10:00 am	\$24/\$40
442087-01	<i>Sunday Splash</i> (Joan)	9/3 - 10/22	SUN	10:30 - 11:30 am	\$24/\$40



Member Registration - Monday, August 7, 2017.

Non-Member & Online Registration - Monday, August 14, 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:

- ◆ *Water Buoyancy—at least **50% less** impact on your joints.*
- ◆ *Water provides **12—14** times more resistance than air.*
- ◆ *Balance, strength, cardiovascular endurance and range of motion are increased by working with & against the water.*
- ◆ *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 designed for all fitness levels. This low impact, core-centric workout features 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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