

# JCC WATER EXERCISE

Class	Monday	Tuesday	Wednesday	Thursday	Friday
Aquarobics	9:00		9:00		9:00
Aquacise	**7:30 PM	12:00	**7:30 PM	12:00	
Arthritis	12:00		12:00		

PRICES: ALL PASSES INCLUDE \*\*UNLIMITED PARTICIPATION IN 9:00 or 12:00 JCC WATER EXERCISE CLASSES FOR THE TIME PERIOD

UNLIMITED monthly pass	\$25 JCC members	\$50 non members
UNLIMITED six month pass	\$100 JCC members	\$150 non members
UNLIMITED yearly pass	\$200 JCC members	\$300 non members
CHARGE FOR A SINGLE CLASS	\$4 JCC members	\$6 non members

ALL CLASSES ARE 45 MINUTES TO ONE HOUR IN LENGTH. Swimmers and non swimmers are all welcomed.

Aquarobics: A stretching, toning and cardiovascular workout.

Aquacise: Use the forgiving resistance of the water to raise your heart rate and improve your muscle tone.

\*\* = Evening Aquacise is not included in unlimited pass, but can be paid for each individual class

Arthritis Exercise: Develop greater range of motion gently and gradually. All exercises are approved by the Arthritis Foundation.