

AQUA FIT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Water Aerobics 9:30am – 10:30am Martha		Water Aerobics 9:30am-10:30am Martha		Water Aerobics 9:30am-10:30am Martha	
Silver Sneakers Splash 10:30am – 11:30am Ann	Silver Sneakers Splash 10:30am – 11:30am Ann		Silver Sneakers Splash 10:30am-11:30am Ann		
	HIGH INTENSITY Water Aerobics 5:30pm – 6:30pm Toni		HIGH INTENSITY Water Aerobics 5:30pm-6:30pm Toni		

For More Information

Call
(828) 328-5949

www.spaathletic.com

Mon – Fri 5:15a-9:00p

Sat- 7:00a-3:00p

Sun - Closed

WATER AEROBICS

Great Water workout for all ages.

SILVER SNEAKERS SPLASH

Activate your urge for variety! Splash offers fun, shallow water movement to improve agility and flexibility while addressing cardiovascular strength, and endurance conditioning. No swimming ability is required, and a Silver Sneakers kickboard or other aquatic equipment is used to improve strength, balance, and coordination.

HIGH INTENSITY WATER AEROBICS

Lots of movement and cardio with weight training.