

# AQUA FIT

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

For More Information  
 Call  
 ( 828) 328-5949  
[www.spaathletic.com](http://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.