

Plainfield Pool



Water Exercise Classes Begin 9/17/ 2018

DAYS	TIME	CLASS	FEE
Mon-Wed-Fri	7:30am	Cardio Aerobic	\$150
Mon-Wed-Fri	8:30am	Stretch & Tone-Light Aerobic	\$150
Mon-Wed-Fri	4:30pm	High Cardio Aquatic Fitness	\$150
Tue-Thurs	7:00am	Stretch and Tone-Light Aerobics	\$100
Tue-Thurs	8:00am	Cardio Aerobic– Tone	\$100
Tue-Thurs	4:00pm	Water Yoga	\$100
Tue-Thurs	5:00pm	Cardio Aerobics	\$100

▪ **Registration Begins August 14, 2018**

- Register in person or by mail SEE INFORMATION ON LOTTERY BELOW
- All classes are 55 MINUTES 12 weeks
- MWF classes will meet for a min of 33 and max 36 classes
- TTH classes will meet for a min of 22 and max of 24 classes
- Typical Class Equipment: Noodles, Hand buoys, Jogging belts

Water Yoga: Combines the natural buoyancy and resistance of the water with a gentle yoga practice of movement and poses.

Class consists of warm up, sun salutation, yoga postures and concludes with a brief meditation

Cardio-Aerobic: A medium paced class that can be modify for all levels pick-up the pace or slow it down depending on your level.

Includes strength and flexibility exercises.

High Cardio Aquatic Fitness: A shallow and deep water workout with a variety– aerobic dance, kickboxing, aqua jogging and interval training with low and no impact modifications. A great cross training workout that includes all over strength and conditioning.

Stretch and Tone: Class includes warm-up followed by cardio segment of standard calisthenics moves in shallow water. The toning portion uses a variety of equipment in both deep and shallow water. Stretching and cool down finish the hour leaving you feeling energized for the day.

Registration by Lottery:

1. Return to the Recreation Office by mail or in person a completed registration form with your 1st and 2nd choice of classes and the appropriate fee
2. Completed forms will be accepted from 8/14/18—9/7/18
3. If needed names will be drawn on Friday 9/11/18. You will be notified if you were **not** able to get into your 1st choice.
4. As of 9/11/18 all available spots will be on a first come first serve basis.

For further information call: Plainfield Recreation Department 564-1819