

Plainfield Pool



Water Exercise Classes Begin 4/23/2018

DAYS	TIME	CLASS	FEE
Mon-Wed-Fri	7:30am	Cardio Aerobic	\$125
Mon-Wed-Fri	8:30am	Stretch & Tone-Light Aerobic	\$125
Mon-Wed	4:30pm	High Cardio Aquatic Fitness	\$85
Tue-Thurs	7:00am	Stretch and Tone-Light Aerobics	\$85
Tue-Thurs	8:00am	Cardio Aerobic– Tone	\$85
Tue-Thurs	4:00pm	Water Yoga	\$85
Tue-Thurs	5:00pm	Cardio Aerobics	\$85

▪ **Registration Begins April 3, 2018**

- Register in person or by mail SEE INFORMATION ON LOTTERY BELOW
- All classes are 55 MINUTES 10 weeks
- MWF classes will meet for a min of 27 and max 30 classes
- TTH classes will meet for a min of 18 and max of 20 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 4/3/18—4/16/18
3. If needed names will be drawn on Tuesday 4/17/18. You will be notified if you were **not** able to get into your 1st choice.
4. As of 4/18/18 all available spots will be on a first come first serve basis.

For further information call: Plainfield Recreation Department 564-1819