

# Plainfield Pool



## Water Exercise Classes Begin 1/7/ 2019

<b>DAYS</b>	<b>TIME</b>	<b>CLASS</b>	<b>FEE</b>
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 December 10, 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 12/10/18—1/3/19
3. If needed names will be drawn on Thursday 1/3/19. You will be notified if you were **not** able to get into your 1st choice.
4. As of 1/4/19 all available spots will be on a first come first serve basis.

**For further information call: Plainfield Recreation Department 564-1819**