

# RANKIN AQUATIC CENTER

100 BUCKLEY STREET

370-6451

## WATER AEROBICS 2019

*Great Instructors! Fun Participants! Come join us!*

Low impact, stress free, total body workout for both men and women. Workouts can be modified for people with disabilities. Pay by the class or purchase a punch pass to save money.

**Fee:** Daily Drop-in \$7                      10 - punch pass \$60                      20 - punch pass \$120  
**Instructors:** Andrea Legault and Pam Hall

### SPRING CLASSES

#### April 29 – June 7

Monday & Wednesday, 3:15 – 4:15 pm  
Friday, 5:20 – 6:20 pm

### WATER AEROBICS – Weekday

#### June 10– August 23

Monday – Friday  
5:20 pm – 6:20 pm

#### August 26 – October 25

Monday, Wednesday, Friday  
5:20 – 6:20 pm

#### No Class:

Wednesday, June 12, 19, 26, July 3, 10, & 17  
Thursday, July 4  
Monday, Sept 2  
Monday, October 14

### DEEP WATER TUESDAY

Bring a belt  
June 11 – August 22  
5:20 – 6:20 pm

### DUAL DEPTH WEDNESDAY

Belt or No belt  
3:15 – 4:15  
May 1, 8, 15, 22 & 29    June 5 & 19  
July 24 – October 23

### SATURDAY AEROBICS

May 11, June 8, July 6 & 13 and July 27 – October 26  
Saturday, 9am - 10 am

**No Class:** June 22 or July 20

**Pot Luck – 2<sup>nd</sup> Saturday of each month!**

### SUNDAY AQUA ZUMBA

9 -10 am  
June 2, 16  
July 7, 21  
August 4, 18  
September 1, 15  
October 6, 20

