

Water Aerobics

Where: The Honu Street pool
Days: Mondays and Thursdays
Time: 10:00 -11 a.m.
Cost : Free to members
\$2 guest fee for all non-members



Bring: A floating “Noodle” for deep water work if you have one. We have some to borrow if you wish to try the class before making your own purchase. Don’t forget sunscreen, a hat, sunglasses and a towel. If you have tender feet aqua shoes are recommended. Water to drink after class is a good thing too!

Class description:

This class is appropriate for most fitness levels and all ages. Youth need to be able to exercise unassisted and stay attentive for an hour. Class features 25-40 minutes of continuous motion activities in both the shallow and deep ends of the pool. The format includes 15-20 minutes of strength work and a thorough cool down stretch. If you are uncomfortable in deep water you may modify the exercises slightly and remain in the shallow end. The class is progressive in nature and will begin gently and move to vigorous by June.

Instructor: Suzan Thompson Forrest, a YMCA certified Fitness Specialist with 25 years experience in the Health and Fitness field.

