



TIME	MON	TUES	WED	THURS	FRI
6:00-7:00am	BOOT CAMP		BOOT CAMP		
8:30-9:30am	DEEP WATER	DEEP WATER	DEEP WATER		
9:30-10:30am	BACK IN SHAPE	LOW IMPACT	BACK IN SHAPE	LOW IMPACT	BACK IN SHAPE
10:00-11:00am			DEEP WATER	DEEP WATER	
6:00-7:00pm		DEEP WATER		DEEP WATER	
7:00-8:00pm		BACK IN SHAPE		BACK IN SHAPE	

Water Aerobics Class Schedule

MAYNARD AQUATIC CENTER, 1402 OVERBROOK RD, BURLINGTON, NC 336.222.5043

WATER AEROBICS

Suitable for all ages and fitness levels, water aerobics is a great way to get in shape, burn calories, strengthen core muscles, and have fun along the way! Check out the benefits that a water exercise class with us can provide:

10 REASONS TO TRY WATER EXERCISE

1. Joint Protection. Thanks to the buoyant properties of the water, body "weight" can be reduced as much as 75-90%, cushioning joints and protecting them from the shock of impact.
2. Resistance. Water provides more resistance than air, burning more fat than on land and helping muscles become balanced and toned.
3. Calorie Burn. Water aerobics can burn anywhere from 400-600 calories an hour!
4. Cooling Effect. Water cools the body to help prevent over-heating.
5. Health. It can strengthen heart and lungs, improve endurance, reduce blood pressure and help balance blood sugar.
6. Joint Pain. It can help relieve the pain of joint issues, increase flexibility and keep you mobile.
7. Relaxation. It can help you relieve stress and anxiety.
8. Feel self-conscious or uncoordinated when exercising? No one can really see what you are doing underwater!
9. Show up when you're having a bad hair day, and we won't even notice!
10. You get a free, hot shower! (Not to mention a 20-44% discount if you purchase a Punch Card or even more with an Annual Pass!)

Bonus reason: It's fun and a great way to make new friends! Hope to see you soon!

CLASS PRICING

First Time Trial Class	Free!
Daily Drop-In, per class	\$5.00
10 Class Punch Card	\$40.00
25 Class Punch Card	\$70.00
Annual Membership Pass (includes unlimited classes)	\$160.00

BOOT CAMP

This Intermediate to Advanced class offers deep-water, suspended training through a high-intensity, non-choreographed workout that builds strength, endurance and agility. Bring a water bottle and prepare to sweat! Held in the diving well, float belts are provided.

DEEP WATER

This class incorporates high intensity, non-impact cardiovascular movements that improve balance, coordination and endurance. Though float belts are worn, this class is best suited for those who can swim and float comfortably on their own in deep water. Held in the diving well, float belts are provided.

BACK IN SHAPE

This shallow water class blends cardio with muscle toning to enhance endurance, strength and flexibility. Exercises can be modified to meet individual needs and goals. Water shoes recommended.

LOW IMPACT

This shallow water class is ideal for anyone with vulnerable joints or joint replacements. Focus is on improving range of motion, muscle strength and balance. Water shoes recommended.