

Summer

AQUATIC Fitness



SOCIALIZE, BURN CALORIES & HAVE FUN!

SENIOR WATER EXERCISE

This is a safe non-jarring water aerobics exercise program which improves stamina, strength and flexibility. These programs are designed to meet the needs of individuals over the age of 55 years and older. This class consists of 55 minutes of water exercise using a variety of aquatic fitness equipment and movements designed to work each muscle & joint.

CLASS INFORMATION

Mondays / Wednesdays / Fridays

Session 5: May 21st – June 25th

7:30 a.m., 8:30 a.m. or 9:30 a.m.

Session 6: June 26th – Aug. 10th

7:00–7:55 a.m. or 8:00 – 8:55 a.m.

Instructor: Karen Hebb-Piccolo

\$15.00 + TAC Membership



HYDROAEROBICS

This is a fast paced class which provides a challenging cardiovascular workout. Water provides extra resistance on the muscles, but also reduces the impact of movements on the joints. No swimming skills are required and can accommodate beginners and advanced participants.



TAC MEMBERSHIP RATES

Semester

Individual:	\$85
Family:	\$115
Senior Citizen:	\$45
(55 & Older)	

CLASS INFORMATION

Session 5: May 21st – June 25th

Mondays & Wednesdays 6:30 – 7:15 p.m. or

Tuesdays & Thursdays 12:15 – 1:00 p.m.

Session 6: June 26th – Aug 10th

Mondays & Wednesdays 6:30 – 7:15 p.m.

Instructor: Cheryl Campo

\$30 / Session for Senior TAC Members

\$60 / Session for Individual or Family TAC Members

\$80 / Session for Senior Citizen Non-members

\$120 / Session for Non-members