

MSC Aquatic Group Exercise

Class Information:

AGES:	14 and older
LOCATION:	Monterey Sports Center
INSTRUCTOR:	Certified Staff Instructor
FEE:	Monthly Group Exercise Pass (Aquatic, land & cycling classes)

	Monterey City Resident
	\$20-4 classes
	\$30-8 classes
	\$34-12 classes
	\$37-16 classes
	\$40-20 classes
	\$46-26 classes

	Other City Resident
	\$26-4 classes
	\$36-8 classes
	\$40-12 classes
	\$43-16 classes
	\$46-20 classes
	\$52-26 classes

OR \$3.00 drop in fee per class plus admission fee or EUP. No additional fee when you have an EUP and Group Exercise Stamp/Pass.

NOTE: Group exercise passes are valid for the duration of one month.

Complete Fitness Program: Includes one hour of personal training, unlimited classes, facility use and towel service. Start-up program fee of \$50.

Adult	\$49 per month
Senior	\$34 per month
Corporate	\$45 per month
Family	\$71 per month

The Monterey Sports Center will offer a special holiday Aquatic Group Exercise class schedule on the following holidays:

Monday, September 1, Labor Day

Friday, November 28, Day after Thanksgiving

Friday, December 26, Day after Christmas

These schedules will be posted at the Sports Center a week before each holiday is to commence.

Class Schedule

TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00 am	Aqua Splash	Aqua Splash	Aqua ABC's: Agility-Balance-Core	Aqua Splash	Aqua Splash		
8:15-9:15 am						H2O Basics	
9:15-10:15 am	Off the Deep End	H2O Basics	Deep Hydro Dynamics	H2O Basics	Off the Deep End	Off the Deep End 9:30-10:30 am	
10:30-11:30 am		Aqua Splash Lite 8/1-12/31/08		Aqua Splash Lite 8/1-12/31/08			
12:15-1:15 pm		Aqua Splash Lite 6/1-7/31/08		Aqua Splash Lite 6/1-7/31/08			
5:30-6:30 pm	H2O Basics		H2O Basics		Endurance Swimming 6:00-7:00 pm		

Effective June 1-December 31, 2008 Classes/Instructors subject to change without notice.

Class Descriptions:

Aqua ABC's: Agility-Balance-Core: Taught in the therapy pool (90 degree temperature), this class starts with gentle cardiovascular conditioning and then incorporates exercises designed to enhance muscular strength, balance and core stability.

Aqua Splash: Conducted in the therapy pool (90 degree temperature), this class promotes aerobic fitness, strength, and flexibility using water resistant exercises. Swimming proficiency is not required.

Aqua Splash Lite: Conducted in the therapy pool (90 degree temperature), a more gentle aqua splash class format.

Deep Hydro Dynamics: Interval training including deep-water aerobics, deep-water running and resistive training. Swimming proficiency is advised. NOTE: BEGINNERS PLEASE ARRIVE EARLY ON THE FIRST DAY FOR PROPER FITTING OF HYDROFIT EQUIPMENT.

Endurance Swimming:

Designed for the beginning to intermediate swimmer who wants to focus on the basics of freestyle swimming for open water swimming. Pull buoys, kick boards, and fins will be utilized. Swimming proficiency is advised.

H2O Basics: Shallow-water aerobics emphasizing cardiovascular conditioning and strengthening using water resistance. Swimming proficiency is not required. Aqua socks or tennis shoes are recommended.

Off The Deep End: Deep-water aerobics featuring Hydrofit buoyancy/resistance equipment designed to increase flexibility, strength, endurance, aerobic conditioning, balance, and motor coordination in a non-impact environment. Swimming proficiency is advised. NOTE: BEGINNERS PLEASE ARRIVE EARLY ON THE FIRST DAY FOR PROPER FITTING OF EQUIPMENT.

* Please Note: All of our classes are considered ideal as pre- and post-natal workouts and for those concerned about osteoporosis.