

MSC Aqua Aerobics

Class Information:

AGES:	14 and older
LOCATION:	Monterey Sports Center
INSTRUCTOR:	Certified Staff Instructor
FEEES:	Monthly Group Exercise Pass (Aqua, 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 daily 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 aqua aerobic class schedule on the following holidays:

- Monday, January 21, Martin Luther King Jr. Day
- Monday, February 18, President's Day
- Monday, May 26, Memorial Day

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	
10:30-11:30 am		Aqua Splash Lite		Aqua Splash Lite			
5:30-6:30 pm	H2O Basics		H2O Basics	Deep Hydro Dynamics			

Effective January 2 – May 31, 2008 Classes/Instructors subject to change without notice.

Class Descriptions:

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.

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.

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

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