

MSC Group Exercise-Aquatic

Class Information:

AGES: 14 and older
 LOCATION: Monterey Sports Center
 INSTRUCTOR: Certified Staff Instructor
 FEES: Monthly Group Exercise Pass
 (Land, aquatic & cycling classes)

Monterey City Resident

\$28-4 classes
 \$38-8 classes
 \$42-12 classes
 \$45-16 classes
 \$48-20 classes
 \$54-26 classes

Other City Resident

\$34-4 classes
 \$44-8 classes
 \$48-12 classes
 \$51-16 classes
 \$54-20 classes
 \$60-26 classes

OR \$5 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 \$51 per month
 Senior \$36 per month
 Corporate \$47 per month
 Family \$73 per month

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

Monday, January 18, Martin Luther King, Jr. Day

Monday, February 15, President's Day

Monday, May 31, Memorial Day

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

CLASS DESCRIPTIONS:

AQUA ABC'S: AGILITY-BALANCE-CORE: Taught in the therapy pool (92-degree temperature), this class starts with gentle cardiovascular conditioning and then incorporates exercises designed to enhance muscular strength, balance and core stability. Swimming proficiency not required.

AQUABIKE: A multisport training class for those interested in swimming and biking. Swim (20-25 minutes), bike (30 minutes, Studio II), followed by core work and a stretch.

AQUA SPLASH: Conducted in the therapy pool (92-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 (92-degree temperature), a more gentle aqua splash class format.

ENDURANCE SWIMMING I & II: A coached swim workout designed to focus on stroke technique. Pull buoys, kick boards, and fins will be utilized. Swimming proficiency is advised for Level I (Beginning swimmers) and required for Level II (Intermediate to Advanced swimmers).

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.

Class Schedule

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

Effective January 2-May 31, 2010. Classes/Instructors subject to change without notice.