


# Aquatics Class Schedule

Effective April 5th, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 am	<i>Aqua Fitness</i>		<i>Aqua Fitness</i>		<i>Aqua Fitness</i>
9:15 am	<i>Aqua Fitness</i>	<i>Aqua Fitness</i>	<i>Aqua Fitness</i>	<i>Aqua Fitness</i>	<i>Aqua Fitness</i>
11:15 am		<i>Aqua Silver</i>		<i>Aqua Silver</i>	
6:00 pm	<i>Aqua Fitness</i>		<i>Aqua Fitness</i>		<i>Aqua Fitness</i>
7:00 pm	 <b>J.A.W.S.</b>				

## Please be respectful of Aqua classes.

**Aqua Fitness:** An energizing, low impact water fitness class that combines both strength training and cardiovascular conditioning exercises that will challenge your muscles and increase your strength. Must be 10 years of age.

**Aqua Silver:** This class is designed for those who need gentler and milder movements in the water. Water movements focus on walking, gentle range of motion exercise, strength and balance work. It is great for beginners, non-exercisers, non-swimmers, and those new to the aqua environment. Flotation belts and noodles are often used. Adults only, please.

**J.A.W.S. (Junior Aquatic Workout Session):** On your mark...get set...get WET! Through creative play, aquatic games and plenty of motivation, kids can derive the many benefits of exercise including increases in cardiovascular stamina, strength, balance and range of motion – all in a wet and wonderful environment. Must be 5 years of age and It is required that kids be comfortable in basic aquatic skills prior to attending.

### Pool Hours:

**Monday - Thursday 5:00 am - 9:45 pm**

**Friday 5:00 am - 8:45 pm**

**Saturday & Sunday 7:00 am - 4:45 pm**

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Center Hours: Mondays through Thursday 5:00am-10:00pm / Fridays 5:00am - 9:00pm / Weekends 7:00am-5:00pm