

SilverSplash®

This class offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special kickboard is used to develop strength and coordination.

(Fitness Level = Advanced Beginner/Intermediate)

Classes meet Tuesdays & Thursdays • 9:00 - 9:40 am

Water Fitness

This class is an “all-depths” workout that will teach not only the fundamental skills of working out in the water, but how to target your health and fitness objectives with safe, effective and water-specific exercises. Learn how to progress your skills and the intensity to get the most out of your workout.

(Fitness Level = Intermediate)

**Classes meet Tuesday & Thursday • 8:00 - 8:40 pm
Wednesday & Friday 10:00 - 10:40 am**

Deep Water Fitness

This class is held primarily in the deep end of the pool using aqua-jogging belts for an awesome, no impact, cardiovascular workout. This class is recommended for the more advanced participant and offers the opportunity to “turn up the intensity” of their workout.

(Fitness Level = Advanced)

Classes meet Wednesdays • 8:00 - 8:40 pm

Water Boot Camp

Join this fast paced, high energy class and you’ll be ready to tackle anything! This class will include anything from water kick-boxing to circuit training and is recommended for the advanced participant who wants to get the most out of their water workout.

(Fitness Level = Advanced)

Classes meet Sundays (November-April) • 7:15 - 7:55 pm

Water Therapy Classes

Twinges ‘n’ Hinges

This class consists of gentle exercises done in water to increase mobility and joint range of motion while decreasing pain and stiffness. This is an ideal class for those with arthritis as well as those who experience general aches and pains.

Arthritis Foundation affiliated program.

Classes meet Monday, Wednesday, Friday • 1:15 - 2 pm

Member fees: \$35/10 sessions \$60/20 sessions

Non-member fees: \$45/10 sessions \$80/20 sessions

Easy Does It

This class is specially designed for those with Multiple Sclerosis or other conditions that affect their mobility. Participants will work on balance, coordination, toning and stretching. This class is also an ideal way for those who have not exercised in awhile to get moving again! MS Society affiliated program.

Fitness Level = Beginner

Classes meet Tuesday & Thursday 9:45 - 10:25 am

Free to JCC members

Non-member fees: \$45/10 sessions \$80/20 sessions

**For more information, contact Robin Feickert,
Aquatics Director, at 651255-4762 or rfeickert@stpauljcc.org**

Coming Soon

Prenatal Water Exercise!!