

ADULT WATER FITNESS					
FALL 2025: September to December					
(CENTRAL POOL - 843 Jefferson Ave)					
<div><u>55-minute class</u> <i>2 times per week</i> \$52 Resident \$44.20 Senior (60+) \$68 Non-Resident</div>	CLASS	WEEKDAY	TIME	DATES	CODE
	Wake Up with Water	Mon/Wed	7:00-7:55 am	Sep 8-Oct 22	<a href="#">2680</a>
				Nov 3-Dec 17	<a href="#">2681</a>
	Join Karen for this 55-minute morning workout which includes 15-20 minutes light aerobics, toning and stretching followed by water walking or swimming.				
	Water Power Aerobics	Mon/Wed	8:30-9:25 am	Sep 8-Oct 22	<a href="#">2682</a>
				Nov 3-Dec 17	<a href="#">2683</a>
	Instructor leads a powerful and challenging workout while using strong voice motivation and music! A variety of equipment will be used to add resistance.				
	Water Break	Mon/Wed	11:00 am -11:55 am	Sep 8-Oct 22	<a href="#">2684</a>
				Nov 3-Dec 17	<a href="#">2685</a>
	Recharge for the rest of the day with this water aerobics class which will strengthen, tone, and energize you.				
	Splash and Jam!	Mon/Wed	6:00-6:55pm	Sep 8-Oct 22	<a href="#">2688</a>
				Nov 3-Dec 17	<a href="#">2689</a>
	Great way to end the day with this powerful aerobics class with Denise! Your heart will get pumping using a variety of equipment and music.				
	Get up & Go!	Tue/Thurs	8:00-8:55am	Sep 9-Oct 23	<a href="#">2690</a>
				Nov 4-Dec 18	<a href="#">2691</a>
	Enjoy this lower-paced water aerobics class to get your body moving and energized!				
<div><u>40-minute class</u> <i>2 times per week</i> \$45.50 Resident \$38.50 Senior (60+) \$61.00 Non-Resident</div>	NEW* Water Yoga	Mon/Wed	12:30-1:10pm	Sep 8-Oct 22	<a href="#">2686</a>
				Nov 3-Dec 17	<a href="#">2687</a>
	Try this new water yoga class to stretch and improve balance. This is a 40-minute class concentrating on yoga techniques and breathing with the water and buoyancy.				
<div><u>55 minute class</u> <i>1 time per week</i> \$26 Resident \$22.10 Senior (60+) \$34 Non-Resident</div>	Extra Splash!	Tuesdays	6:30-7:25pm	Sep 9-Oct 21	<a href="#">2692</a>
				Nov 4-Dec 16	<a href="#">2693</a>
	3rd night work out is always better! Same as M/W work out just giving you that extra night!				
	More Water with Amy	Fridays	8:45-9:40am	Sep 12-Oct 24	<a href="#">2694</a>
				Nov 7-Dec 19	<a href="#">2695</a>
	Get your weekend off to a great start by taking this powerful class with Amy! You won't be sorry.				

Please use the following website address for online registration:

[www.sheboyganrec.com](http://www.sheboyganrec.com)