

Water Fitness Classes at Central Pool

Registration opens on December 20th at 8:00am online.

www.sheboyganrec.com → Register

Random processing will also begin for forms turned in prior.

Walk in and phone registrations will open at noon.

Fees per session, all classes are 55 minutes

Residents: \$50	Non-Residents \$65	Senior 60+: \$42.50	Fridays: Res. \$25 , Non-Res. \$32.50 Senior 60+ \$21.25
Wake Up With Water Mon/Wed 7:00-7:55am Join Karen for this 55 minute morning work out which includes 15-20 minutes light aerobics, toning and stretching followed by water walking or swimming.	Water Power Aerobics Mon/Wed 8:30-9:25am 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 11:30am-12:25pm Recharge for the rest of the day with this water aerobic class which will strengthen, tone, and energize you.	
Code	Code	Code	
January 3 - February 14 <u>1207</u>	January 3 - February 14 <u>1210</u>	January 3 - February 14 <u>1213</u>	
February 26 - April 17 <u>1208</u> <i>No classes Mar.25-31*</i>	February 26 - April 17 <u>1211</u> <i>No classes Mar.25-31*</i>	February 26 - April 17 <u>1214</u> <i>No classes Mar.25-31*</i>	
April 22 - June 5 <u>1209</u>	April 22 - June 5 <u>1212</u>	April 22 - June 5 <u>1215</u>	
Splash and Jam! Mon/Wed 6:00-6:55pm Enjoy this powerful water aerobics class with Denise as she gets your heart pumping using a variety of moves and equipment.	Get Up and Go Tue/Thur 8:00-8:55am Join us for this lower paced water aerobic class using equipment to strengthen your muscles and improved your balance.	More Water with Amy Fri 8:45-9:40am Add a third day of water work out and you won't be sorry! This is a powerful work out you will enjoy.	
Code	Code	Code	
January 3 - February 14 <u>1216</u>	Jan.2-Feb.15 <u>1219</u>	Jan.5-Feb.16 <u>1222</u>	
February 26 - April 17 <u>1217</u> <i>*No classes March 25-31*</i>	Feb.27-April 18 <u>1220</u> <i>*No classes March 25-31*</i>	Mar.1-April 19 <u>1223</u> <i>*No classes March 25-31*</i>	
April 22 - June 5 <u>1218</u>	April 23-June 6 <u>1221</u>	April 26-June 7 <u>1224</u>	

If you have any questions please contact Geri Rusch at 920-459-6739 or email her at grusch@sasd.net



SHEBOYGAN AREA
 ——— SCHOOL DISTRICT ———
 Community Recreation