



Water Aerobics

January–May 2019 | Age 16+ | \$4/class | Wackford Complex, 9014 Bruceville Rd.

We offer multiple class formats and types for all levels and abilities designed for overall health and wellness. Aqua belts and barbells provided. Participants need to bring their own water noodle. All classes taught by certified instructors. Visit www.yourcsd.com for a list of instructors.

Deep Water Aerobics

Pre-requisite: Participants must be able to swim 25 yards unassisted without equipment.

SESSION 1

10925	M,W	1/2-1/9	9:00am-9:55am
11366	M,W	1/2-1/9	6:15pm-7:10pm
10946	T,Th	1/3-1/10	9:00am-9:55am
10947	T,Th	1/3-1/10	6:15pm-7:10pm
10922	Fri	1/4-1/11	9:00am-9:55am
10939	Sat	1/5-1/12	9:00am-9:55am

SESSION 2

10927	M,W	1/14-1/23*	9:00am-9:55am
11367	M,W	1/14-1/23	6:15pm-7:10pm
10948	T,Th	1/15-1/24	9:00am-9:55am
10949	T,Th	1/15-1/24	6:15pm-7:10pm
10923	Fri	1/18-1/25	9:00am-9:55am
10940	Sat	1/19-1/26	9:00am-9:55am

*No Class 1/21

SESSION 3

10928	M,W	1/28-2/6	9:00am-9:55am
10930	M,W	1/28-2/6	6:45 pm-7:40pm
10950	T,Th	1/29-2/7	9:00am-9:55am
10951	T,Th	1/29-2/7	6:45pm-7:40pm
10924	Fri	2/1-2/8	9:00am-9:55am
10941	Sat	2/2-2/9	9:00am-9:55am

SESSION 4

10929	M,W	2/11-2/20*	9:00am-9:55am
11368	M,W	2/11-2/20*	6:45pm-7:40pm
10952	T,Th	2/12-2/21	9:00am-9:55am
10953	T,Th	2/12-2/21	6:45pm-7:40pm
10968	Fri	2/15-2/22	9:00am-9:55am
10942	Sat	2/16-2/23	9:00am-9:55am

*No Class 2/18

SESSION 5

10933	M,W	2/25-3/6	9:00am-9:55am
10932	M,W	2/25-3/6	7:05pm-8:00pm
10954	T,Th	2/26-3/7	9:00am-9:55am
10955	T,Th	2/26-3/7	7:05pm-8:00pm
10969	Fri	3/1-3/8	9:00am-9:55am
10943	Sat	3/2-3/9	9:00am-9:55am

SESSION 6

10931	M,W	3/11-3/20	9:00am-9:55am
10935	M,W	3/11-3/20	7:05pm-8:00pm
10956	T,Th	3/12-3/21	9:00am-9:55am
10957	T,Th	3/12-3/21	7:05pm-8:00pm
10971	Fri	3/15-3/22	9:00am-9:55am
10944	Sat	3/16-3/23	9:00am-9:55am

SESSION 7

10936	M,W	3/25-4/3	9:00am-9:55am
10937	M,W	3/25-4/3	7:05pm-8:00pm
10958	T,Th	3/26-4/4	9:00am-9:55am
10959	T,Th	3/26-4/4	7:05pm-8:00pm
10972	Fri	3/29-4/5	9:00am-9:55am
10945	Sat	3/30-4/6	9:00am-9:55am

SESSION 8

10938	M,W	4/8-4/17	9:00am-9:55am
10985	M,W	4/8-4/17	7:05pm-8:00pm
11020	T,Th	4/9-4/18	9:00am-9:55am
11021	T,Th	4/9-4/18	7:05pm-8:00pm
10973	Fri	4/12-4/19	9:00am-9:55am
10992	Sat	4/13-4/20	9:00am-9:55am

SESSION 9

10986	M,W	4/22-5/1	9:00am-9:55am
10987	M,W	4/22-5/1	7:05pm-8:00pm
11022	T,Th	4/23-5/2	9:00am-9:55am
11023	T,Th	4/23-5/2	7:05pm-8:00pm
10974	Fri	4/26-5/3	9:00am-9:55am
10995	Sat	4/27-5/4	9:00am-9:55am

SESSION 10

10988	M,W	5/6-5/15	9:00am-9:55am
10989	M,W	5/6-5/15	7:05pm-8:00pm
11024	T,Th	5/7-5/16	9:00am-9:55am
11025	T,Th	5/7-5/16	7:05pm-8:00pm
10976	Fri	5/10-5/17	9:00am-9:55am
10996	Sat	5/11-5/18	9:00am-9:55am

SESSION 11

10990	M,W	5/20-5/29*	9:00am-9:55am
10991	M,W	5/20-5/29*	7:05pm-8:00pm
11026	T,Th	5/21-5/30	9:00am-9:55am
11027	T,Th	5/21-5/30	7:05pm-8:00pm
10978	Fri	5/24-5/31	9:00am-9:55am
10997	Sat	5/25-6/1	9:00am-9:55am

*No Class 5/27

Water Aerobics at the Elk Grove Aquatics Center (9701 Big Horn Blvd) will be available online for registration beginning late Winter.

For the latest information visit elkgrovecity.org



Shallow Water Aerobics

An energetic workout for all participant levels with movements that will increase your heart rate and offer you a total body workout. This class will include low and high impact moves to improve cardiovascular health. It includes an abdominal workout to strengthen, tone, and build the body's core muscles. Class is conducted in shallow water with a maximum depth of 4.5 feet. (Barbells are provided, but participants need to bring their own water noodle).

SESSION 9

10960	M,W	4/22-5/1	10:00am-10:55am
10964	T,Th	4/23-5/2	10:00am-10:55am

SESSION 10

10961	M,W	5/6-5/15	10:00am-10:55am
10965	T,Th	5/7-5/16	10:00am-10:55am

SESSION 11

10962	M,W	5/20-5/29	10:00am-10:55am
10966	T,Th	5/21-5/30	10:00am-10:55am