



CENTRAL-CLEMSON RECREATION CENTER

WATER FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Functional Fitness 8:00 AM		Silver Sneakers Splash 8:00 AM		Silver Sneakers Splash 8:00 AM
Water Fitness 9:00 AM	Deep Water 9:00 AM	Water Fitness 9:00 AM	Deep Water 9:00 AM	Water Fitness 9:00 AM
Senior Functional Fitness 10:00 AM	Senior Functional Fitness 10:00 AM	Senior Functional Fitness 10:00 AM	Senior Functional Fitness 10:00 AM	Senior Functional Fitness 10:00 AM
Deep Water 11:00 AM		Deep Water 11:00 AM		Deep Water 11:00 AM

Senior Functional Fitness

These warm water pool classes are good options for individuals with orthopedic, arthritic, nerve or circulatory problems. Class includes a warm-up and a very low intense water walking program using different water walking movements, followed by strengthening range of motion exercise and stretching.

SilverSneakers® SilverSplash

SilverSplash is our new older adult group water fitness program designed to enhance each individual's quality of life and daily function. SilverSplash utilizes the physical properties of the water to enhance agility, range of motion and cardiovascular conditioning. No swimming ability is required for Silver Sneakers® participants to get wet, be strong and meet new friends in SilverSplash.

Deep Water Fitness

A highly energized class minus the stress of surface impact on joints. Participants, wearing aqua belts, will learn walking and jogging techniques in the deep water.

Tuesday & Thursday Deep Water Fitness will run in 2 week cycles;

Water Fitness

A high to moderate intensity water workout in chest-deep water. Each class session is designed to include: warm-up, vigorous aerobics, strengthening, toning and cool-down.

Senior Functional Fitness participants must be able to stand alone. Also, a physician's approval is suggested before starting any exercise program.

Prices: Senior Functional Classes are \$2.00/City Residents - \$3.00/Non Residents

Water Fitness Classes- \$5.00 Drop in Fee.

All Classes listed are FREE with Membership

