



# CCRC WATER FITNESS CLASS SCHEDULE

130 Commons Way, Central, SC 29630

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

864-624-1138

<b>MONDAY</b>			
<b>Start</b>	<b>End</b>	<b>Class</b>	<b>Location</b>
9:00 AM	10:00 AM	Water Fitness	Lap Pool
10:00 AM	11:00 AM	Senior Functional Fitness	Therapy Pool
11:00 AM	12:00 PM	Deep Water Aerobics	Lap Pool
<b>WEDNESDAY</b>			
<b>Start</b>	<b>End</b>	<b>Class</b>	<b>Location</b>
9:00 AM	10:00 AM	Water Fitness	Lap Pool
10:00 AM	11:00 AM	Senior Functional Fitness	Therapy Pool
<b>FRIDAY</b>			
<b>Start</b>	<b>End</b>	<b>Class</b>	<b>Location</b>
9:00 AM	10:00 AM	Water Fitness	Lap Pool
10:00 AM	11:00 AM	Senior Functional Fitness	Therapy Pool
11:00 AM	12:00 PM	Deep Water Aerobics	Lap Pool

All water fitness classes are included in memberships

Non-Members can Pay \$2 for the Senior Functional Fitness Class

## CCRC WATER FITNESS CLASS DESCRIPTIONS

<b>Senior Functional Fitness</b>	This class is held in the warm pool and is a good option 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. Held in the warm water
<b>Water Fitness</b>	A high to moderate intensity water workout in chest-deep water. Each class session is designed to include: warm-up, vigorous aerobic, strengthening, toning and cool-down. Held in the lap pool.
<b>Deep Water Aerobics</b>	A high to moderate-intensity water workout in deep water, using the aid of flotation devices. Each class session is designed to include: warm-up, vigorous aerobic, strengthening, toning, and cool-down. You're going to work hard and have fun! Held in the lap pool.