



**Holiday Hours**  
**New Year's Eve** 8 am-6 pm  
**New Year's Day** 1-6 pm

**FOR YOUTH DEVELOPMENT  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY**

# Water Aerobics

January 2012

Time	Mon	Tues	Wed	Thur	Fri	Sat	Sun
9:00-10:00 am	Aqua Fit (Ruth Ann) 1	Deep Water (Lisa) 2		Deep Water (Ruth Ann) 2	Aqua Fit (Lisa) 1		

## Aqua Fit

Enjoy the great benefits of a full water workout. We use a variety of techniques and equipment for cross training, toning, cardio and flexibility exercises. Each participant exercises at his/her own pace...movements are modified for all fitness levels. This is a great way to get into shape without the impact on your joints.

## Deep Circuit

This is a challenging, yet self-paced, deep-water aquatic fitness class. Class provides individual strength and flexibility circuit training combined with a cardiovascular workout. Swimmers only!

\*Pool is open when outside temperature is **41°**.

\*\*Water aerobics takes place when outside temperature is **50°** or warmer, which is determined at 8:45 a.m.

*The number to call for temperature is 863/688-8118 or weather.com.*

*CLASSES ARE SUBJECT TO CHANGE DUE TO MEMBER NEEDS.*

## Plant City Family YMCA

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