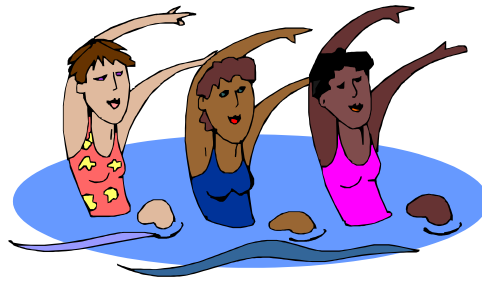


# Water Fitness at the Charlevoix Pool

Summer 2011



June 13 - August 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30AM	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
8:00AM	H2O Works	H2O Works	H2O Works	H2O Works	H2O Works	H2O Works
8:30AM	Power Walking	Power Walking	Power Walking	Power Walking	Power Walking	Power Walking
9:00AM	Hydro Toning		Hydro Toning		Hydro Toning	

**Aquacise** - Begin your day the right way with a variety of cardiovascular exercises, strengthening/toning movements, and specialized exercises for a total body workout.

**H2O Works** - This high intensity class will challenge your movements and work your cardiovascular system. With a focus on a cardio workout and improved muscle tone this class is sure to get your heart pumping.

**Power Walking** - A low impact aerobic workout that helps to tone various muscle groups. The higher resistance of the water will give you a great workout while being joint friendly. Smooth rhythmic movements designed to increase strength and flexibility.

**Hydro-Toning** - Is a high energy, low impact class. Exercises will focus on core strength. This total body work out will help increase your strength, coordination and endurance.

All classes are co-ed and music may be used for each class.

	District	Non- District
Monthly - Unlimited	\$40.00	\$43.00
Drop In Visit	\$6.00	\$6.25
*New* 10 - Visit Pass	\$45.00	\$48.00

11905 US North  
Charlevoix, MI 49720



Charlevoix Area  
**POOL**  
*Community*

231.547.0982  
www.charlevoixpool.org