

GROUP EXERCISE SCHEDULE

WATER SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

	9:30 - 10:30 a.m. AQUA-JOG Annie		9:30 - 10:30 a.m. AQUA-JOG Annie			



Lakeridge Athletic Club

6350 San Pablo Dam Road El Sobrante, CA. 94803 510-222-2500

CLASS DESCRIPTIONS

AQUA JOG

A fun and invigorating exercise class that is geared towards all levels of fitness. An aqua belt is used throughout the class to provide added bouyancy as a variety of exercises are performed while treading water. This is a *GREAT* overall workout

WATER FIT

Exercisers of all fitness levels will enjoy this water program taught in the shallow end of the pool. This aerobic routine provides both a strength and cardiovascular benefit using the water as resistance. You will enjoy the easy-going manner in which this class is presented.

Please let your instructor know if you are taking a class for the first time!