

# NOMAD's Water Aerobics

## Class Descriptions & Schedule

### **Warm Pool**

*(Beginner Levels in the Warm Pool)*

\*\*Everyone works at their own pace.\*\*

### **Silver Sneakers Splash**

**MWF: 8 - 9am With Ann**

**MWF: 9:15 – 10:15am with Missy**

Warm-up by walking & stretching in our warm water pool. Then get ready for a great cardio work-out and cool down to fun, great music! We recommend aqua shoes and bottled water!

**Relaxation  
with Missy  
Tues/Thurs: 9 - 10am**

Work on flexibility, stretching, balance and relaxation exercises in this class. Experience true water therapy and really let go. Some Pilates & Yoga based exercises performed to relaxing, meditative music.

**Aqua Dance  
with Evelyn  
Tues/Thurs. 11am  
Saturday 1pm**

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine

### **DEEP WATER HYDRO-FIT**

*(Intermediate & must be comfortable in the water)*

\*\*Everyone works at their own pace.\*\*

**MWF: 10:30 – 11:30am  
Intermediate Deep Water with Missy**

Great cardio, strengthening, cardiovascular endurance along with noodles & weights. A great workout for the intermediate participant. Join us late morning to get your day off to a great start!

