



WATER AEROBICS

Low impact, high energy workouts that include Tabata, cardio, toning and more.

Tuesday & Thursday	9:00am - 10:00am
Tuesday & Thursday	6:15pm - 7:15pm
Saturday	9:00am - 10:00am

DEEP WATER FUSION FITT

*Class merges High-Cardio swim focus and water fitness.
Participants should have at least a basic swim ability. A flotation belt is required.*

Monday Evening	6:15 pm - 7:00 pm
-----------------------	-------------------

WATER AEROBIC FEES

Aquatic Center Members	\$4 per class
Non-members	\$5 per class

Pre-registration is required at recreation.northcharleston.org