



## **WATER AEROBICS**

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

<b>Monday - Friday</b>	12:00pm - 1:00pm
<b>Monday, Tuesday, Thursday</b>	6:15pm - 7:15pm
<b>Saturday</b>	9:00am - 10:00am

## **DEEP WATER AEROBICS**

*Rev up the intensity and increase resistance with all your limbs submerged. Participants should have at least a basic swim ability. A flotation belt is required.*

<b>Monday</b>	10:30am - 11:15am
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## **AQUA BOOGIE**

*An invigorating workout to toe-tapping tunes that puts an emphasis on toning.*

<b>Friday</b>	9:00am - 9:45am
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## **WATER AEROBIC FEES**

<b>Aquatic Center Members</b>	\$4 per class
<b>Non-members</b>	\$5 per class

***Pre-registration required at [recreation.northcharleston.org](http://recreation.northcharleston.org)***