



WATER AEROBICS

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

Monday - Thursday	12:00pm - 1:00pm
Monday, Tuesday, Thursday	6:15pm - 7:15pm
Saturday	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.

Monday	10:30am - 11:15am
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WATER AEROBIC FEES

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

Pre-registration required at recreation.northcharleston.org