



608-647-8522 info@symonsrec.com  
 1250 Symons Circle Richland Center, WI 53581

# Water Fitness Class Schedule



Perfect for new exercisers or seasoned athletes! Water Fitness classes feature gentle impact workouts that will have you fit, more fit, and fitter than ever before! There is no swimming involved in these classes. You won't even get your hair wet!

Class Name	Mon	Tues	Wed	Thurs	Fri	Sat
Senior Sea (40 min)	8:00 AM & 1:00 PM		8:00 AM & 1:00 PM		8:00 AM & 1:00 PM	
Easy On The Joints (40 min)	8:45 AM		8:45 AM		8:45 AM	
SilverSneakers Splash (45 min)		8:30 AM		8:30 AM		
Hydroworks (1 hour)	9:30 AM & 5:30 PM		9:30 AM & 5:30 PM		9:30 AM	8:00 AM

### Water Fitness Class Descriptions:

Senior Sea: For non-swimmers. Focuses on flexibility exercises & a full body workout for older adults. 40 minutes

Easy On The Joints: For non-swimmers. Keep/ increase joint mobility and improve range of motion for those with joint ailments. 40 minutes

SilverSneakers Splash: For non-swimmers. Activate your aqua urge for variety! Splash offers lots of fun shallow-water moves to improve agility, flexibility, & cardiovascular endurance. A special SilverSneakers kickboard is used to develop strength, balance, & coordination. 45 minutes.

Hydroworks: For Non-Swimmers. Ready to step up your water workout? Use the water's resistance to shape and tone for a full body workout. One Hour

### Cost:

Members: FREE

Non-Members:

5 week sessions:

2 times a week for 5 weeks (10 classes): \$30.00 (Not available for Hydroworks)

3 times a week for 5 weeks (15 classes): \$35.00 (Not available for Hydroworks)

Unlimited number of classes for 5 weeks: \$40.00

Drop in Rate: \$4.00 for Senior Sea, Easy On The Joints, & SilverSneakers Splash  
 \$6.00 for Hydroworks



## Land Fitness Class Schedule

Classes are ongoing, you may join a class anytime. See descriptions on the page to the right.

	Monday	Tuesday	Wednesday	Thursday	Friday
Low Impact Aerobics & Body Conditioning (45 min)	9:30AM		9:30AM		9:30AM
SilverSneakers Classic (45 min)	10:30AM	9:25AM	10:30AM	9:25AM	10:30AM
SilverSneakers Yoga - Beginner (45 min)		10:15AM		10:15AM	
SilverSneakers Yoga - Intermediate (45 min)		11:05AM		11:05AM	
Abs & Stretch (30 min)	12:15PM				
Yoga, Pilates & Stretch (45 min)				2:00pm	
Step & Tone (1 hour)	5:30PM				
Low Impact Toning (1 hour)		5:30PM			
Back to the Basics (30 min)		7:15PM	7:15PM		
Cardio Hi/Low (1 hour)			5:30PM		
Boot Camp (1 hour)				5:30PM	
Mixture Delite	Saturdays @ 8:30am on the following dates: March 18				

**“SOMETIMES  
IN LIFE  
THERE IS THAT  
MOMENT WHEN  
IT'S POSSIBLE TO**

**MAKE A  
CHANGE FOR THE  
BETTER.  
THIS IS  
ONE  
OF THOSE MOMENTS.”**



— Elizabeth Glaser

**Did you know...**

**1 out of 5 people age 65 or older is eligible for a SilverSneakers membership!**

**What is SilverSneakers?**

The SilverSneakers Fitness program is an insurance benefit included in WPS, AARP, Humana, and other Medicare health plans. Through SilverSneakers, health plans provide a membership to Symons Recreation Complex and other health clubs, at no additional cost to the insured.

**What can I do with this free SilverSneakers membership?**

Some people like to take classes, others like to exercise on their own. Still others, like to go for a swim or sit in the sauna or whirlpool. The choice is up to you! All activities are free!

**How do I know if I have the free SilverSneakers membership?**

Stop at the front desk and the front desk staff can quickly check. They will simply need your name & date of birth.

