

● Aqua ●

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THE WEMBLEY CLUB

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|---|---|---|---|---|--|
| | | | 6-8 Lap Swim | | 6-8 Lap Swim | |
| 10-7 Open Swim | 8-8 Open Swim | 8-8 Open Swim | 8-8 Open Swim | 8-8 Open Swim | 8-8 Open Swim | 9-7 Open Swim |
| | 8:30-9:30 Water Aerobics <i>Diane</i> | 8:30-9:30 Water Aerobics <i>Diane</i> | 8:30-9:30 Water Aerobics <i>Diane</i> | 8:30-9:30 Water Aerobics <i>Diane</i> | 8:30-9:30 Water Aerobics <i>Diane</i> | 9-10 Water Aerobics <i>Penny</i> |
| | | | | | | |
| | | 5:30-6:30 Water Aerobics <i>Penny</i> | | 5:30-6:30 Water Aerobics <i>Penny</i> | | |

AQUACIZE TASTE TESTER: This class offers a sampling of the Club's Aquatic Workouts H2O Aerobics, Counter-Current and Deep Water.

COUNTER CURRENT: 10 minute warm-up. 30 Minutes of exercise through the powerful resistance of the counter-current. Work with water weights is added toward the end followed by a gentle stretch.

H2O AEROBICS: 10 minute warm-up. 30-40 minutes of CARDIO and CORE work along with water weights. Fun, energizing total body work out featuring cardiovascular activity, strength training, firming & toning, flexibility, utilizing the water's resistance to enhance your workout. A great cross training class to improve performance in all sports!

AQUACYCLE: Primary focus is on Lower Body. 10 minute warm-up. 45 minute workout done in shallow and deep ends of pool with participants using aqua noodles/belts so that feet are off the floor of the pool. Workout consists of various forms of cycling and other leg movements to work the lower body and core muscles.

FREE CHILDCARE FOR FAMILY MEMBERSHIPS!
MONDAY THROUGH SATURDAY FROM 8AM-12PM
WILL BE AN HOURLY FEE FOR NONMEMBERS

FITNESS MEMBERSHIP: \$125 FOR INDIVIDUAL/\$208 FOR FAMILY
INCLUDES: ALL GROUP FITNESS CLASSES, ALL AQUA FITNESS CLASSES, ACCESS TO THE POOL INDOOR/OUTDOOR, PADDLE, USE OF OUR FITNESS/GYM FACILITY, FREE CHILDCARE, INCLUSION IN SOCIAL ACTIVITIES, ALL DINING, DISCOUNTS FOR TUTORING AND CAMP

QUESTIONS: MAGGIE NASH MAGGIE@WEMBLEYCLUB.COM OR 440-543-8171