

Mountain View Aquatic Center

2650 Gordy Parkway Marietta, Ga. 30066

Phone (770)509-4925
Fax (770)509-4934

AQUAROBICS AT MOUNTAIN VIEW!!!!



Are you looking for a fun way to get into shape, while using the qualities of water? Buoyancy enables one to do aerobic exercise with minimum strain. Resistance from the water helps tone muscles and quickly build endurance. Movement of the joints is greatly improved in the water, making Aquarobics an excellent program for those with arthritis, back problems, or other medical conditions.



CLASS DESCRIPTIONS

Aerobics:

Deep Water—Enjoy a deep water workout that has no impact on the joints, but still has a high intensity cardiovascular workout to burn calories and sculpt your body. (Taught in the lap pool in 6ft+.)

Shallow Water — A mid to high intensity class with low impact that gets your blood pumping. This class offers a good aerobic workout that combines cardio, muscle toning, strength and stretching.

Arthritis: Work your joints from head to toe in this non-aerobic workout. No impact and rebounding off of the bottom of the pool. American Arthritis Association guidelines are followed.

Adaptive Aquatics: Expect low impact exercises with light aerobics. Focused on range of motion, endurance, balance, working joints, and fun! Those with M.S. and Arthritis are welcome!

Strength and Stretch: This class starts in the deep water working on all over body strength. It is great for those that are interested in the deep water aerobics class. Features deep water instruction for 25 mins, then 20 minutes in the shallow water focusing on stretching and range of motion using Pilates movements. (Intermediate to advance level class— you must be comfortable in deep water.)

Water Yoga: Basic Yoga poses are incorporated into the aquatic environment with the use of a noodle for balance. This type of yoga is not a pretzel-like contortion but a concentration of mind and muscles to increase your overall feeling of fitness and well-being. Balance and flexibility will be enhanced with the practice of water yoga. You will be able to hold poses longer with greater flexibility with the assistance of the water.

- All instructors are certified.
- *If you are Prenatal you must have a Doctor's release on file in order to participate in class.*
- All classes require that you have approval by your physician to participate.
- No participants will be allowed to join a class 10 minutes past the class start time.
- Participants must be at least 16 years old.
- All participants must sign in.

Aerobics (Deep Water)

Monday thru Friday 9:00AM-9:55AM

Aerobics (Shallow Water)

Monday thru Friday 8:00AM-8:55AM

Tuesday & Thursday 10:00AM-10:55AM

Monday thru Friday 6:00PM-6:55PM

Arthritis

Mon, Wed, Fri 10:00AM-10:55AM

Adaptive Aquatics

Mon, Wed, Fri 11:00AM-11:55AM

Strength and Stretch

Monday and Friday 9:00-9:45AM

Water Yoga

Wednesdays 9:00-9:45AM

FEES

Adults

\$4.50 Per Class

Ten Visit Pass \$45.00

Seniors

\$2.00 Per Class

Ten Visit Pass \$20.00

Non-Cobb Resident Fees

Adult: \$6.75 Per Class

Adult 10 Visit: \$67.50

Senior: \$3.00 Per Class

Senior 10 Visit: \$30.00

Mountain View Aquatics reserves the right to limit the number of patrons participating in each class.

