

Mountain View Aquatic Center

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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.



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

Arthritis

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

Adaptive Aquatics

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

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!

- 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.

COVID-19 Considerations

- Participants are expected to physically distance while inside of the facility—6ft apart on land and 10ft apart in the water. Class sizes are limited.
- When arriving for class, please place your personal items near the deep end then get your equipment and wait at the shallow end for class to start. This will allow the class that is in progress to exit up the ramp and leave while still maintaining physical distancing requirements.
- Please come in your swimsuit ready to get in the pool. Locker rooms are available, but please plan to limit your use of them. Lockers are not available for use.

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.

