

Aquatic Group Fitness FALL 2020



	MON	TUE	WED	THUR	FRI	SAT	SUN
5am		MASTERS SWIM Brian (\$)		MASTERS SWIM Brian (\$)			
6:30am						MASTERS (90) SWIM Brian (\$)	
8:30am	Water Fitness- DEEP Emily	MASTERS SWIM Brian (\$)	Water Fitness- DEEP MaryFran	MASTERS SWIM Brian (\$)	Water Fitness- DEEP MaryFran		
9:00am		Water Fitness- Shallow Leslie		Water Fitness- Shallow Leslie			
9:30am						Water Fitness- DEEP Connie	
11am							MASTERS SWIM (\$) Brian
6:30pm		Water Fitness- SHALLOW Suzanne <i>*Begins OCT 13th</i>					

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All Water Classes require a reservation
Reservations can be made 7 days in advance
Please remove yourself from a reservation if not able to attend

All classes are 60 minutes in length unless otherwise noted.
Masters Swim is a fee based program and requires a separate registration, and also requires a reservation for space in class.

Class Descriptions

Water Fitness-DEEP

This is a zero impact deep water, full body cardio and strength training workout. Water belts are used to, water weights are used for resistance strength training. Great workout for any fitness level. Lanes 1 and 2 are used. Reservations are required.

Water Fitness-SHALLOW

This class is held in the shallow end. A combination of movements will be used to achieve a cardio and strength training workout. Water weights will be used. Lanes 9 and 10 are used. Reservations are required.

Masters — Paid for program —. This is a coached non-competitive swim practice for ages 18 and up. It will help improve your individual swim goals whether they are for triathlon training or swimming for physical benefits. Register at the front desk or email Lynn Lappas lynn@kingsburyclub.com to sign up or with questions

Please find access to Registration Software on our website www.kingsburyclub.com Click on Member Login Kingsbury Club –Kingston to reserve your spot in a class.