

Effective: June 24-September 6, schedule subject to change and the Howard County Public School schedule

Day	Time	Club	Class
Monday	8am	SWC	Deep Water Fitness \$
	9:30am	SWC	Aqua Zumba
	9:30am	Locust	Aqua Fitness <small>moves to Jeffers Hill 8/16</small>
	10am	Hobbit's	Aqua Fitness <small>ends 8/9</small>
	11am	AC	Aqua Arthritis +
	6:30pm	SSC	Aqua Boot Camp
	6:45pm	AC	Aqua Arthritis +
	7pm	Locust	Aqua Fitness <small>moves to Jeffers Hill 8/16</small>
Tuesday	9:30am	Locust	Aqua Fitness <small>moves to Jeffers Hill 8/17</small>
	9:30am	AC	Aqua Arthritis +
	10am	SSC	Aqua Fitness
	12:30pm	AC	Aqua Arthritis Plus +
	6:30pm	SWC	Deep Water Fitness \$
	7pm	Hobbit's	Aqua Fitness <small>moves to Swansfield 8/17</small>
Wednesday	8am	SWC	Deep Water Fitness \$
	9:30am	SWC	Aqua Fitness
	9:30am	Locust	Aqua Fitness <small>moves to Jeffers Hill 8/18</small>
	11am	AC	Aqua Arthritis Plus +
	6:45pm	AC	Aqua Arthritis +
	7pm	Locust	Aqua Fitness
Thursday	9:30am	AC	Aqua Arthritis +
	9:30am	Locust	Aqua Fitness <small>moves to Jeffers Hill 8/19</small>
	10am	SSC	Aqua Fitness
	12:30pm	AC	Aqua Arthritis Plus +
	6:30pm	SWC	Deep Water Fitness \$
	6:30pm	CG	Aqua Zumba
Friday	8am	SWC	Deep Water Fitness \$
	9:30am	Locust	Aqua Fitness <small>moves to Jeffers Hill 8/20</small>
	9:30am	AC	Aqua Arthritis Plus +
	10am	Hobbit's	Aqua Fitness <small>ends 8/13</small>
	11am	AC	Aqua Arthritis +
Saturday	9am	SWC	Deep Water Fitness \$
	10am	Hobbit's	Aqua Fitness <small>moves to Swansfield 8/21</small>
	10am	SSC	Aqua Fitness
	10am	AC	Aqua Arthritis Plus +
Sunday	10am	SSC	Aqua Fitness
	10am	Hobbit's	Aqua Fitness <small>moves to Swansfield 8/22</small>
	10am	AC	Ai Chi*

Class Descriptions

Ai Chi*

Gentle mind and body exercises in warm water, Package Plan Plus members only, advance registration required.

Aqua Boot Camp

Interval based class with varying intensity and equipment to increase strength and aerobic endurance.

Aqua Fitness

Aerobics, flexibility, and muscle conditioning in shallow water.

Aqua Arthritis +

Gentle exercises to help decrease pain and stiffness. Members free. CA Resident Non-Members with CA Resident card per class fee \$8. Classes are 45 minutes.

Aqua Arthritis Plus +

Gentle exercises from the arthritis format, plus low impact aerobics. Members free. CA Resident Non-Members per class fee \$8 with CA Resident card. Classes are 45 minutes in length.

Aqua Zumba

All the fun of Zumba, the intensity of dance movements, with the support and resistance of the water.

Deep Water Fitness Classes \$

Water exercises in the deep end of the pool. Floatation belts available. Free to Package Plan Plus members. Additional fee for Package Plan and CA Resident Non-Members.

AC — Columbia Athletic Club, 410-730-6744

SWC — Columbia Swim Center, 410-730-7000

SSC — Supreme Sports Club, 410-381-5355

CG — Columbia Gym, 410-531-0800

Aqua Fitness Policies

+ Free to Members, CA Resident Non-Mbrs. (with CA Resident Card) \$8 per class.

\$ Additional fee for Package Plan, Club Mbrs, CA Resident Non-Mbrs. Free to Package Plan Plus Mbrs.

Fees Shallow Water Fitness classes are free to Members and at the Daily Admission Rate for CA Resident, Non-Members. An additional fee is required for Deep Water Fitness Classes. Fees subject to change.

Attendance Consistent attendance of ten or more is required for a class to remain on the schedule. The schedule is subject to change.

Inclement Weather All pools will close for thunder and lightning and will remain closed for 30 minutes after the last report of thunder or lightning. Outdoor classes will not be held in the rain or if the temperature is below 68F. Please call the Weather Information Hotline at 410-715-3154 to check status of class.

Classes are 55 minutes unless noted.

Schedule Notes

- Morning classes will be held on Sunday, July 4
- Classes move to different locations beginning August 16
- No outdoor pool classes after Sunday, August 29**
- No Athletic Club classes August 9-29
- Swim Center classes end on Aug 6; DWF resumes on August 16
- Shallow water fitness resumes September 7 at the Swim Center
- No Supreme Sports club classes August 30-September 6
- Special Labor Day Class Sep 6, 10:30-11:55am, Swansfield (\$10 tax deductible donation to Cancer Fund requested, but not required.)

Fees and schedule subject to change.