

# Aquatic Fitness

Classes are listed in order of intensity from low to high

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**For questions**

Elaine Cappucci  
412-446-4773 ecappucci@  
jccpgh.org

or

Jamie Nathan  
412-278-1790  
jnathan@jccpgh.org

## ■ Arthritis Aquatics

Gentle stretching and movement exercises to improve range of motion and relieve arthritis symptoms. Anyone with joint pain and stiffness may benefit. (1 hour)

**Mondays and Fridays, 10 AM**  
**Tuesdays and Wednesdays, NOON**

## ■ SilverSneakers® Splash

Slow cardio endurance segments are mixed with strength work using a splash board. Splash is suitable for all skill levels and is safe for non-swimmers. (45 minutes)

**Sundays, 12:30 PM**  
**Mondays and Thursdays, 1 PM**  
**Wednesdays, 4 PM**

## ■ Aqua Groove

Fast-paced and high-intensity, this class focuses on cardio endurance and resistance training. (1 hour)

**Fridays, 11 AM**

## ■ Aqua Fit

Set to upbeat music, this highest intensity class includes water plyometric exercises and resistance equipment for cardiovascular and strength training. (1 hour)

**Saturdays, 8:30 AM**

