Aquatic Fitness

Classes are listed in order of intensity from low to high

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■ **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