



EAST ROCHESTER SUMMER RECREATION 2019 ADULT AQUATICS PROGRAMS at the (heated) Kate Gleason Outdoor Pool



Ages: Seniors Only

When: 11:00-11:45 a.m. Tuesdays and Thursdays

Start date: July 2 – August 15

Cost: \$25 for 14 Classes

Aqua Instructor Nikki Caruso will lead you through gentle to vigorous physical activity in our warm water. Participants will move all their joints to their full range of motion. Time will be spent on muscle toning, mild cardio and stretching.

SUNRISE AQUA FITNESS



Ages: Adults Only

When: 6:15-7:00 a.m. Tues, Wed, Thurs

Start date: June 24, 2019 – August 15

Cost: \$ 50 Punch Pass up to 24 Classes

Instructor Mark Wegman will be on deck with a variety of independent water workout options from aqua jogging to full body workouts. Lap swimming is also available at that time.

H₂O AEROBICS



Ages: Adults Only

When: 5:00-6:00 p.m. Tuesday and Thursday

Start Date: July 2 – August 15

Cost: \$ 30 for 14 Classes

Looking for a workout that is easy on your joints, but still works your heart and major muscles groups? Water Aerobics is just that, plus a comfortable way to keep moving with natural resistance with little to no impact. Come join instructor Liz Hauser for a great workout that is fun!