



## Aqua Motion Water Aerobics

Aqua motion focuses on water resistance. It is good for anyone who wants to increase range of motion of joints and muscular strength. This is a class guided class and provides the opportunity for you to get moving in the morning! This informal class welcomes one and all! Join us for a rise-and-shine experience.

Date: Every Week  
 Days: Tuesday and Thursday  
 Time: 7:30 - 8:30 AM  
 Fee: **FREE with Chalet Membership**  
 Location: Chalet

## Plus Sized Water Aerobics

Think you need to exercise and don't know where to start? This ever-popular class provides a non-impact opportunity that is safe for any body and is soothing and fun. You'll see improvements in flexibility, strength and endurance. Plus Size Water Aerobics is a great class for getting slowly back into working out. It's appropriate for any fitness level and you do not need to know how to swim. The class is also taught by a plus-size instructor. All classes are one hour long. One day drop-in rates are available. Please call the Chalet to make sure the class is running before dropping in. All classes are one hour. Purchase class punch card at front desk.

Code:	4000-0	4000-1
Ages:	18 +	18 +
Day(s):	Sunday	Wednesday
Date(s):	5/22 - 8/28	5/18 - 8/31
No Class:	June 5 & 26 Aug 14 & 21	August 17 & 24
Time:	11 AM Sun	8 PM Wed
Location:	Chalet	
Fee:	5 Classes: \$20 res & members \$45 nr & non-members	
	10 Classes: \$30 res & members \$79 nr & non-members \$15	
	1 Day drop-in	
Instructor:	Sandy Dixon	
Min/Max:	4/15	

## Seagulls

The Seagulls are a group of Chalet members who enjoy socializing and water exercises. Come join us and make new friends while staying healthy. The group meets to enjoy coffee and conversation before and after their one-hour water session. The group of men and women occasionally go out for lunch at local restaurants and hold potlucks and other gatherings. New members are always welcome!

Date: Every Week  
 Day: Monday, Wednesday, Friday  
 Time: 1:00 - 2:00 PM  
 Fee: **FREE with Chalet Membership**  
 Location: Chalet

