

Aquatic Fitness at Hawthorne Pool



Monday	Tuesday	Wednesday	Thursday	Friday
Aqua-Ease 8:00-9:00 a.m.	Aqua-Ease 8:00-9:00 a.m.	Aqua-Ease 8:00-9:00 a.m.	Aqua-Ease 8:00-9:00 a.m.	Aqua-Ease 8:00-9:00 a.m.
Aqua-Motion/ Aqua-Zumba®-Chris 9:00-10:00 a.m. *		Aqua-Motion/ Aqua-Zumba®-Chris 9:00-10:00 a.m. *		Aqua-Motion/ Aqua-Zumba 9:00-10:00 a.m. *
Aqua-Motion 5:30-6:30 p.m.	Aqua-Motion/ Aqua-Zumba®-Chris 6:30-7:30 p.m.	Aqua-Motion 5:30-6:30 p.m.	Aqua-Motion/ Aqua-Zumba®-Kris 6:30-7:30 p.m.	Aqua-Motion 5:30-6:30 p.m.

May Session: April 29 - May 24, 2019

Try It For FREE Session: May 28 - May 31, 2019 All classes FREE!

June Session: June 3 - June 28, 2019

**9 a.m. Classes will move to Lakeside Splashzone Water Park starting June 10th **

Try It For FREE Session: July 1 - July 5, 2019 All classes FREE! No Classes July 4.

July Session: July 8 - August 2, 2019

August Session: August 5 - August 30, 2019

Cost: \$30 per session OR \$5/Daily Admission

- ◆ **Aqua Ease** - A low impact workout that includes water walking, walk workouts, and minor barbell & noodle use throughout classes.
- ◆ **Aqua Motion** - A more challenging low impact workout. Get your heart rate up, and build muscles through water resistance activities.
- ◆ **Aqua Zumba** - Our most challenging aquatic fitness class, with our certified instructor leading choreographed dance moves from the deck.

To register:

- 1033 S. Lake Storey Rd., Galesburg IL, 61401
- galesburg.maxgalaxy.net
- 309.345.3683 recinfo@ci.galesburg.il.us

