

BREWSTER PLACE

Description of Pool Classes:

B-CHI:

Ti Chi performed in water. Gentle exercises to promote range of motion, balance, and coordination. This is great for a beginner water person. Chest high water is used and minimal water experienced necessary. This is a non-immersion class. (we won't get our hair wet)

30 min class CLASS LIMIT (10)

TUESDAY AND THURSDAY... 1:15pm-2:45pm

CARDIO-TREAD:

A Beginner to Intermediate class using techniques such as walking and, mountain climbing in water. It is performed in the deep end of pool with a flotation belt. Foam Dumbbells will be used but depending on level you can go without. Emphasis on Cardiovascular fitness with resistance training.

55 min class

MON,TUES,WED,THURS...2:00pm-2:55pm

CARDIO SPLASH:

A Beginner or Intermediate individual would enjoy this rhythmic movement class done in chest height water. You can make it easier or harder depending on depth of water you choose and amount of jumping you want. No wet heads in this.

Class. 45 to 50 min

MON...1:15pm, THURS...12:30pm