

# Join us for Water Aerobics

## At the Salt Lake City Sports Complex

Monday	<b>8am-9am</b> Deep Water Instructor: Myrna	<b>9am-10am</b> Shallow Water Instructor: Katherine	<b>10:15am-11:15am</b> *Low Impact Instructor: Ann
Tuesday	<b>9am-10am</b> Shallow Water Instructor: Sena	<b>6pm-7pm</b> Deep Water Instructor: Red	
Wednesday	<b>8am-9am</b> Deep Water Instructor: Myrna	<b>9am-10am</b> Shallow Water Instructor: Julia	<b>10:15am-11:15am</b> *Low Impact Instructor: Ann
Thursday	<b>9am-10am</b> Shallow Water Instructor: Katherine	<b>10am-11am</b> Zumba Instructor: Julia	<b>6pm-7pm</b> Deep Water Instructor: Red
Friday	<b>8am-9am</b> Deep Water Instructor: Myrna	<b>9am-10am</b> Shallow Water Instructor: Julia	<b>10:15am-11:15am</b> *Low Impact Instructor: Ann
Saturday	<b>8am-9am</b> Shallow Water Instructor: Myrna		
Sunday	<b>10:30am-11:30am</b> Deep Water Instructor: Darleen		

**Deep Aerobics** is a zero impact class, taking place in the deep end of the pool. Flotation belts are available for use. This is a great cardio workout that doesn't put stress on your joints.

**Shallow Aerobics** is a fun cardiovascular workout taking place in the shallow end of the pool.

**Low Impact Aerobics** uses water resistance for aerobic conditioning, muscle strengthening and improved range of motion. The buoyancy of the water helps relieve stress on bones and joints during exercise.

**Aqua Zumba** combines traditional water fitness with Zumba techniques for a fast paced, challenging and exciting cardiovascular workout!



For inclusion opportunities for people with disabilities, contact Ashley at 385-468-1520 or [ahaddow@slco.org](mailto:ahaddow@slco.org).