



MEET NEW FRIENDS AND GET FIT!

JOIN OUR AQUA FITNESS CLUB!

LOW IMPACT WATER EXERCISES!

NO SWIMMING REQUIRED!

YEAR ROUND CLASSES HELD TWICE A WEEK IN HEATED POOLS!

ALL CLASSES ARE CO-ED AND OPEN TO RCSC CARDHOLDERS!

YEARLY CLUB MEMBERSHIP - \$5.00!

CLASSES ARE \$15.00 PER SESSION AND EACH SESSION IS 8 WEEKS IN LENGTH!

What is Aqua Fitness?

It is aerobic, strengthening, and stretching exercise performed in waist to chest deep water.

What prior experience will I need?

No swimming experience is required! The exercises are in 3 to 4 foot deep water so everyone can find a depth they feel comfortable in. Qualified instructors lead the class through 50 minutes of aerobic and stretching water exercises.

Will I need any special equipment?

Your bathing suit, a towel, water shoes are recommended but not required, and a smile.

Who participates in these classes?

All Sun City card holders are welcome. Our classes are co-ed attended by many couples as well as singles.

Try before you commit to a session?

We have a free week of classes the second to last week of every session. Come by yourself or with a friend .

Where and when are these classes held?

Our classes are held in the mornings, late afternoon, and early evenings at Mountain View, Sundial, Oakmont, and Marinette pools. No classes are held at Bell, Fairway or Lakeview pools.

What are the exercises like?

We offer 3 disciplines conducted in the pool. Here is a brief description of each discipline offered.

Free Standing – Aerobic and strength-training exercises done in waist to chest deep water without the use of the pool sides for balance.

Aqua Stretches – A combination of stretching and aerobic exercises conducted with the use of the bars located on the side of the pool. These exercises help increase balance while strengthening your muscles and increasing joint mobility.

Pool Side – Don't let the name fool you. These classes are held in the pool and are a combination of both Free Standing and Aqua Stretches. The first half of the class is free standing and the second half is comprised of aqua stretching exercises.

I like it! Now what?

Registration is held 5 times a year at the Sundial Auditorium. There are notices in our neighborhood papers along with the Sun Views Magazine.

For more information call:

Terry (619) 818-4380

To see the current schedule, future session dates and registration dates, visit the **club's website at:**

<http://aquafitnessuncity.com/>

Why exercise in the pool?

The mitigation of gravity makes water aerobics safe for anyone and everyone regardless of their ability to swim. Exercise in water can also prevent overheating through continuous cooling of the body. Seniors are more prone to arthritis, osteoporosis, and weak joints therefore water aerobics is the safest form of exercise for these conditions. Research studies have shown the benefits everyone can receive by participating in water aerobics. Water aerobics improves aerobic capacity, muscle endurance, and better overall life quality. The water also provides a stable environment for anyone with less balance control and therefore prevents injury.



Join us for a fun, fit and healthy workout!

SUNDIAL – 14801 N. 103rd Ave.
Sundial center houses Sun City's only indoor pool complex. With both a competition size swimming pool and a therapy exercise pool. Water aerobics are offered in both pools.



OAKMONT – 10725 W. Oakmont Ave.
Sun City's first and only salt water pool that was recently renovated to better accommodate water sports such as volleyball and aerobics. Offering year round outdoor water aerobics in our heated pool.



MOUNTAIN VIEW – 9749 N. 107th Ave.
Sun City's southernmost pool.



MARINETTE – 9860 W. Union Hills Dr.
Sun City's northernmost pool now offering year round outdoor water aerobics.



More contact information can be found on the website and or local Sun City papers.



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