

AEROBICS & WELLNESS CLASSES

AT GREAT MILLS POOL

WATER FITNESS CLASSES

The Great Mills Swimming Pool offers a variety of Water Fitness Classes for all ages. Aqua Aerobics provides a safe, effective and fun option for participants of all ages and abilities. Everyone can benefit from exercising in the water.

These classes use a combination of aerobic exercise for cardiovascular endurance, conditions to strengthen muscles and basic stretching to increase flexibility. These exercises employ the natural isotonic resistance of water and requires minimal swimming ability. Aqua Aerobics is an excellent method of cross training, resistance training, burning calories, losing weight and reducing joint impact.

WELLNESS CLASSES

Class Type	Daily	Time
Wake Up Aerobics	Mon - Fri	9:00-10:00am
Mid-Morning Aerobics	Classes cancelled	
Arthritis Aquatics	Cancelled for summer	
Afternoon Aerobics	Monday & Wednesday	
Weekend Workout Per Class	No classes Resident \$8	Non-Resident \$10

PUNCH PASSES

	Adults*	Seniors*
6-Punch	\$48	\$44
12-Punch	\$90	\$81
18-Punch	\$126	\$114
24-Punch	\$144	\$130

FOR INFO CALL 301-866-6560

WWW.STMARYSCOUNTYMD.GOV/RECREATE/AQUATICS

*Non-resident rates - \$5 more