

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.

CURRENT WELLNESS CLASSES

Class Type	Daily	Time
Wake Up Aerobics	Monday - Friday	9:00 - 10:00am
Afternoon Aerobics	Mondays & Wednesdays	4:30 - 5:30pm
	Tuesdays & Thursdays	5:00 - 6:00pm

Per Class	Resident	Non-Resident
	\$8	\$10

PUNCH PASSES

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

*Non-resident rates - \$5 more

SCAN ME



FOR INFO CALL 301-866-6560

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