



Classes held In the Zone.

**DRIP-DRY Aqua Exercise Schedule Winter**

**CLASSES from Dec. 13-22 and Jan. 5 - Feb. 16**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:15 AM - 9:00AM Chair Exercise Grace ZONE No Maximum		8:15 AM - 9:00AM Chair Exercise Grace ZONE No Maximum		
	9:05 AM - 9:50 AM SCBS Grace ZONE No Maximum		9:05 AM - 9:50 AM SCBS Grace ZONE No Maximum		
			10:00am - 10:45am BOSU! Grace ZONE Maximum 18		
			<ul style="list-style-type: none"> <li>• All equipment is provided. You are welcome to bring your own equipment to each class.</li> <li>• Teens ages 13-15 may participate in fitness classes if accompanied in the class by an adult.</li> <li>• Modifications to exercise and varying intensity levels are offered.</li> <li>* Punch Passes are available for \$50 for 12 classes. If the participant has an active Grove membership there is a \$45 punch pass available.</li> </ul>		

**Class Descriptions**

**Chair Exercise:** For those with Hip, Knee, and Ankle issue that can't stand for 45 minutes. Low stress tone up class from the comfort of your chair.

**SCBS!** : Fun, cardio exercises. S = Strength, C = Core, B = Balance, S = Stretch. Class varies by intensity level at the discretion of the instructor.

**BOSU!**: The Bosu ball engages more muscles in each movement so it can increase your workout potential. It can be used for a variety of body zones such as upper body, lower body and core. Balance can be worked on by improving dynamic (not static) stability and neuromuscular control. **like BOGA, but if you fall off you don't get wet.**

Process to Participate	
<ul style="list-style-type: none"> <li>• Class is held on a first come, first serve basis.</li> </ul>	

Playfrisco.org

Facebook/PlayFrisco

For additional information call 972-292-6600.

**\*Classes/Times/Pool Space/Instructor are subject to change\***

Date revised: 10/11/22

# What's Open in the Pool?



Scan the QR code for an online update to check at your convenience or to sign up for automatic updates when things close unexpectedly.

## 2022 Aqua Fitness Holidays

May 30, 2022	Memorial Day
July 4, 2022	Independence Day
September 5, 2022	Labor Day
Nov. 23 & 24, 2022	Thanksgiving
Nov. 25, 2022	
December 22, 2022	Winter Holidays
Through	
January 3, 2023	

All Aqua Fitness class holidays are subject to change. Additional days may be added, and notification will be given in future editions of the Aqua Fitness schedule.