

Aquatic Group Class

The aquatic group fitness class is for anyone who wants to improve their overall fitness. The class focuses on blending flexibility, strength, and aerobic activity.

WHO SHOULD PARTICIPATE?

Anyone who wants to improve flexibility, strength, and aerobic fitness should attend. This class offers a challenging, low impact (and fun) exercise routine.

WHAT TYPES OF EXERCISES CAN YOU EXPECT TO PERFORM?

You will learn upper body, lower body, core strengthening, and stretching exercises mixed with aerobic activity. You also will learn how to advance your program as your fitness level improves.

WHERE ARE THE CLASSES HELD?

Classes are taught at our Penfield Sports and Spine Rehabilitation office: Platinum Office Building, 2064 Fairport Nine Mile Point Road, Suite 100.

WHEN ARE THE CLASSES OFFERED?

Classes are held on Monday mornings, from 8:30 to 9:30 a.m. Please come prepared with your swim attire and towel and be in the pool by 8:30. Changing rooms are provided.

HOW MUCH DOES IT COST?

\$15.00 per person, per class.

CLASS SIZE IS LIMITED. TO RESERVE YOUR PLACE IN THE POOL, PLEASE CALL (585) 851-0700.