

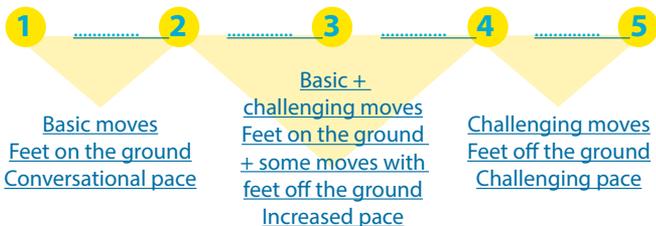
AQUA FITNESS CLASSES

Summer Season: May 31-September 2 (No classes July 4)

Information: 303.987.7833 | Lakewood.org/AquaFitness

Lakewood's Aqua Fitness team provides inclusive, effective programs for any level of fitness. Each class is designed to provide a great total-body workout. Ongoing participation will help build strength, improve balance and improve overall fitness. Explore the options below to find the class format and challenge level that will best suit your needs.

CHALLENGE LEVELS



AQUA AI CHI: Challenge Level 1-3

Ai Chi is a contemplative, breath-focused, stretch and strengthening form of exercise that quiets the mind and recharges the spirit and body. Led in soothing warm water, Ai Chi is just the exercise you need to let go in order to balance your natural healing systems.

ARTHRITIS MOVEMENT: Challenge Level 1-2

Classes are designed for individuals with arthritis but are open to anyone. Led in shallow, warm water pools, classes focus on improving range of motion for all joints, developing balance and coordination and maintaining independence for daily living. Music is sometimes played, and balance equipment may be used. No swimming ability is [required](#).

DEEP WATER: Challenge Level 3-5

Deep water classes are no-impact classes designed for individuals looking for a new twist on the energizing workouts found in the shallow water. Led in cooler water pools, deep water classes use the resistance of the water, along with resistance equipment and intervals to provide a total body workout that reinforces core stability and posture. Music is sometimes played. Participants should be comfortable in 10-12 feet of water and be able to swim.

SHALLOW WATER: Challenge Level 2-4

Shallow water classes are moderate-impact classes designed for individuals looking for an energizing workout of higher intensity. Led in both warm and cooler water pools, each class uses the resistance of the water along with resistance equipment and structured intervals to provide a total body workout. Music is sometimes played. Classes may include suspended movements, but no swimming ability is [required](#).

SILVERSNEAKERS® SPLASH: Challenge Level 2-3

SilverSneakers® Splash offers fun, shallow-water classes focused on developing and improving posture, balance, agility and flexibility. Led in cooler water pools, each class uses the resistance of the water and resistance equipment to build strength for daily living. Music is sometimes played. No swimming ability is required.

AQUA ZUMBA: Challenge Level 2-4

Zumba in the water! An intermediate fitness level is recommended for this energetic dance-based aqua class.

AQUA FITNESS PASS for any class below except Aqua Ai Chi

10 classes \$44 Resident, \$58 Nonresident
\$37 Senior Resident, \$47 Senior Nonresident
6 classes \$27 Resident, \$35 Nonresident
\$22.50 Senior Resident, \$28.50 Senior Nonresident
Drop in \$6

AQUA AI CHI PASS

10 classes \$70 Resident, \$85 Nonresident
6 classes \$42 Resident, \$52 Nonresident
Drop in \$12

SILVERSNEAKERS®, SILVER&FIT® & SENIOR ALL-ACCESS MEMBERS:
Receive a 20 percent discount on any AQUA AI CHI PASS. No pass needed for AQUA FITNESS classes. These are included in your membership.

CARMODY RECREATION CENTER, 720.963.5360

Cooler water temperature: 80-83 degrees

Shallow Water, Level 2-3	Mon,Wed,Fri	8:45-9:45 am
Shallow Water, Level 3-4	Tue,Thu	7:15-8:15 pm
Deep Water, Level 3-5	Mon-Fri	9-10 am
SilverSneakers® Splash, Level 2-3	Tue,Thu	8:45-9:45 am

CHARLES WHITLOCK RECREATION CENTER, 303.987.4800

Warm water temperature: 92-94 degrees

Aqua Ai Chi, Level 1-3	Mon	5:30-6:30 pm
	Wed	6:45-7:45 pm
	Sat	12:05-1:05 pm
Arthritis Movement, Level 1-2	Mon-Fri	10-10:40 am
	Mon-Fri	10:45-11:25 am
Shallow Water, Level 2-3	Mon, Wed	3-4 pm
	Tue, Thu	5:30-6:30 pm

GREEN MOUNTAIN RECREATION CENTER, 303.987.7830

Cooler water temperature: 80-83 degrees

Shallow Water, Level 2-4	Mon,Wed,Fri	6:35-7:30 am
	Tue,Thu	7:30-8:30 am

LINK RECREATION CENTER, 303.987.5400

Warm water temperature: 90-92 degrees

Arthritis Movement, Level 1-2	Mon, Fri	9-10 am
Shallow Water, Level 2-3	Mon-Fri	8-9 am
	Tue, Thu	9-10 am
Shallow Water, Level 3-4	Mon	7-8 pm

GLENNON HEIGHTS OUTDOOR POOL, 303.989.7946

Cooler water temperature: 80-85 degrees

Shallow Water, Level 2-4	Mon-Sat • May 31-Aug 13	9-10 am
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MORSE PARK OUTDOOR POOL, 303.235.6881

Cooler water temperature: 80-85 degrees

NEW! Aqua Zumba	Saturday • June 4-Aug 6	9-10 am
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