



Cobb County...Expect the Best!

South Cobb Aquatic Center

AQUAROBIC EXERCISE

Class Descriptions:

Shallow Water:

Low impact, mid to high intensity to get blood flowing. A good aerobic workout with muscle toning.

Fees:

Adults: \$3.00

Seniors (60 & up): \$2.00

Passes may be purchased.

SCAC reserves the right to limit class size. **Class is for ages 18 and older only.**

All participants must sign a yearly waiver before participating.

South Cobb Aquatic Center
Phone: 770-739-3180
Fax: 770-739-3187

prca.cobbcountyga.gov

Are you looking for a fun way to get in shape, while using the qualities of water? Buoyancy enables one to do aerobic exercise with minimum strain. Resistance of the water helps tone muscles and quickly build endurance. Movement of the joints is improved in the water, making aquarobics an excellent program for those with arthritis, back problems or other medical conditions.

Class Schedule:

Mon-Fri	9 am-10 am	Shallow Water*
Mon-Thurs	6 pm-7 pm	Shallow Water*

*Participants may wear a belt and exercise in the deep water if preferred.

