

Aquatic Fitness Specialists

MOVE ~ PLAY ~ LIVE

\$5.00 per class with HCRD pool membership

(\$10/class drop-in fee for non-members)

Whether your goal is muscle tone, weight loss, cross training, injury rehab, personal training, strength and endurance, core and balance, or improved flexibility... Aquatic Fitness Specialists will help you get there. Program features include: Complete cardiovascular and strength training, Adaptable to all fitness levels; Calorie burner & metabolic booster, Balanced emphasis: Core, Cardio, Strength; Minimal to no choreography; Power moves without the impact; Fun! Call for an appointment today!

AquaCise: Mondays & Wednesdays @ 9am

Aquacise is excellent for participants of all ages and fitness levels. In this class you will do exercises to work EVERY part of your body in a variety of ways. We will use both the shallow and deep end of the recreation pool. Shallow water allows for water walking/jogging, strengthening of the core muscles, balance and posture improvement. Deep water allows for a fuller range of motion with little or no joint compression. Variations are given on most exercises to ensure the class can be utilized by participants of all levels of fitness.

Aqua Kinetics: Mondays and Wednesdays @ 11:00am

LOW IMPACT: Low impact water aerobics is an ideal activity for those with arthritis, fibromyalgia, back problems, foot or leg injuries and knee conditions. A great class for all levels of fitness, including people recovering from injuries and/or arthritic conditions who are capable of participating in a fitness program without assistance. Shallow water aqua kinetics allows for water walking, strengthening of the core muscles, balance and posture improvement. The three dimensional resistance of the water allows movement to be performed with much greater ease and range of motion, thus enhancing flexibility and restoring physical strength and realigning the body.

Deep AquaPower: Friday @ 9:00am

Deep AquaPower is our highest intensity level class of the week performed in the deep end of the recreational pool. Deep AquaPower will utilize a variety of class formats to boost your cardiovascular fitness, increase strength, endurance and improve flexibility. AquaPower will mix up boot camp, Tabata interval training and circuit style formats with the properties of water to allow participants to blast away the calories and increase resting metabolic rate. Prepare for some intense movement to get your body in shape and achieve maximum results through this fun and challenging total body workout that provides minimum impact on joints! This class incorporates weights, gloves, noodles and some deck movement. All equipment provided. All Levels welcome!

A VARIETY OF EQUIPMENT AND DEEP WATER AQUATIC FITNESS FLOATATION DEVICES ARE PROVIDED FOR ALL CLASSES.

Habersham Co. Aquatic Center (Saline System)

120 Paul Franklin Road, Toccoa Hwy., Clarkesville, Ga 30523

for more information contact

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Certified, WaterArt Personal Trainer, Group Exercise, Parent & Tot & Youth Fitness

Swim Instructor, ProCPR & First Aid

YMCA Diabetes Prevention Lifestyle Coach

Available for Swim Lessons. Personal Training or Lifestyle Coaching