



AVON

RECREATION DEPARTMENT

water fitness

Deep Water Aquatone
Shallow Water Aquatone

Mondays, Wednesdays, Fridays:
9:00-10:00am

Tuesdays:
10:00-11:00am

Deep Water Aquatone

Water exercise that tones, firms, increases flexibility and strength, and gives your cardiovascular system the workout it needs...and it's fun!

A workout in the water is one of the safest and best ways to condition your body and provide a way to keep slim and fit. It takes the stress off joints and the muscular-skeletal system and works the heart and lungs.

This is an on-going class throughout the year.

Days: Monday, Wednesday, Friday

Times: 9:00-10:00a.m.

Class is included with a fitness rider

Swim skills are not required

Shallow Water Aquatone

Join us for an Eagle County Senior Services sponsored aquatics program at the Avon Recreation Center. This low impact class will take place in a shallow lap lane and will utilize exercises that help participants use their full range of motion, combat arthritis and stretch and strengthen the body.

This is an on-going class throughout the year.

Day: Tuesday

Time: 10:00-11:00a.m.

Class fee: \$2.00 per person for nonmembers

Swim skills are not required