

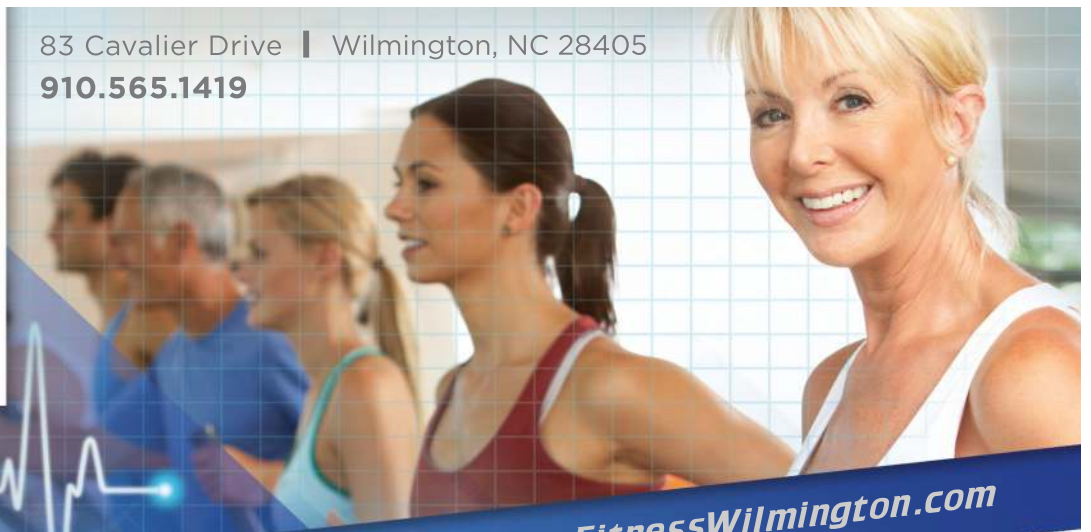


CAMBRIDGE FITNESS

Wilmington

83 Cavalier Drive | Wilmington, NC 28405

910.565.1419



CambridgeFitnessWilmington.com

SUMMER 2019 CLASS SCHEDULE

AQUATICS (Pool)



TIME	MON.	TUES.	WED.	THURS.	FRI.
7A – 7:50A		Power Swim (Specialty) BLAKE		Power Swim (Specialty) BLAKE	
8A – 8:50A	AquaBlast EMILY	AquaTone JAKE	AquaBlast EMILY	AquaTone JAKE	AquaBlast EMILY
9A – 9:50A		CV RESIDENT CLASS BLAKE		CV RESIDENT CLASS BLAKE	
10A – 10:50A	AquaTone BETTY	AquaFlow EMILY	AquaTone BETTY	AquaFlow EMILY	AquaTone BETTY
3:15P – 4P		AquaTone EMILY		AquaTone EMILY	

Aqua Flow (Level 1): An exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility and range of motion and to help maintain muscle strength. (Pool)

Aqua Tone (Level 2): Moderate-level aquatic fitness class focusing on strength and cardiovascular exercise followed by cool down utilizing balance and range of motion exercises. (Pool) Betty (Mon, Wed, Fri)

Aqua Blast (Level 3): This class is for experienced aquatic exercise participants. High-intensity level aquatic fitness class focusing on strength and cardiovascular exercise followed by cool down utilizing balance and range of motion exercises. (Pool) (Mon, Wed, Fri)

STANDARD
CLASSES

Included with all
Memberships

RESIDENT
ONLY CLASSES

SPECIALTY
CLASS

Class Punch
Card Required