

Cincinnati Recreation Commission

AQUACIZE

www.cincyrec.org

CRC's fun aquatic fitness programs will help you improve your fitness level, decrease stress, build strength and muscle tone.

Before starting any workout program, please consult your physician.

Aquacize is an aerobic water workout, designed to get your heart pumping for a 45-60 minute class. Did you know that every gallon of water you move weighs 8.3lbs?

Stay cool and workout to music.

Your first class is free, so give it a try!

Bond Hill	Monday & Wednesday	6:15pm-7:15pm
Dickman	Monday-Thursday	6:30pm-7:30pm
Madisonville	Tuesday & Thursday	6:30pm-7:30pm
McKie	Tuesday-Friday Saturday	5:30pm-6:30pm 12:00pm-1:00pm
Millvale	Monday & Wednesday	6:30pm-7:30pm
Mt. Adams	Monday-Friday	6:00pm-7:00pm
* Mt. Washington	Tuesday & Thursday Thursday	9:30am-10:30am 6:00pm-7:00pm
Oakley	Tuesday & Thursday	10:00am-11:00am
Otto Armleder @ Dunham	Monday-Friday	6:30pm-7:30pm
Over The Rhine	Monday & Wednesday	10:00am-11:00am
Pleasant Ridge	Tuesday & Thursday	8:30am-9:30am
Ryan	Monday-Thursday	5:30pm-6:30pm

Aquacize 45-60 minute classes (per class- \$3.00)

Package of 10 classes

\$25.00 (that's \$2.50/class!)

Package of 20 classes

\$45.00 (that's \$2.25/class!)

Aquacize passes can be purchased at any of the pools above.

* Mt. Washington Aquacize program requires a \$15.00 Mt. Washington Center membership in addition to the Aquacize class fee.

For more information contact your CRC pool or call **513.357.POOL (7665)**