



# Exercise Programs

**Aquacise** – We offer various Aquacise programs at the **Farmington Aquatic Center** and **Lions Pool**. Whether you are looking to improve your cardiovascular endurance or rehabilitate a chronic source of pain, Aquacise can help. You can pay as you go or use a punch card or pass.

- **Morning Aquacise** – At **Lions Pool** Monday – Friday, 8:30 a.m. – 9:30 a.m. Cost is \$2. Low impact, high intensity workout done in waist-to-chest deep water.
- **Evening Aquacise** – At **Lions Pool** Monday – Friday, 5:30 p.m. – 6:30 p.m. Cost is \$2
- **Early Bird Splash** – At the **Farmington Aquatic Center** – Mondays & Wednesdays, 8:00 a.m. – 8:45 a.m. Cost is \$2.50. This is water aerobics for participants with lower fitness levels. Excellent for prenatal and postpartum women as well as participants experiencing arthritic pain. Done in the shallow, warm-water pool.
- **Aqua Jogger** – At the **Farmington Aquatic Center** – Tuesdays & Thursdays, 8:00 a.m. – 8:45 a.m. Cost is \$2.50. This is an aerobic/cardio, higher-intensity workout done in the deep water using buoyancy devices.

**Senior Lap** – An adult exercise class at **Lions Pool** where you swim the length of the pool. Every weekday, 9:30 a.m. – 10:30 a.m. Cost is \$1.50.

**Splashercise** – A low-impact, low-intensity workout for adults done in waist-to-chest deep water at **Lions Pool** (Mondays, Wednesdays, & Fridays) good for maintaining flexibility and general fitness, 10:30 a.m. – 11:15 a.m. Cost is \$1.50.

**Arthritis Class** – A slow joint exercise class at **Lions Pool** on Tuesdays and Thursdays from 10:30 a.m. to 11:15 a.m. for adults designed to improve your range of motion and flexibility. Cost is \$1.50.

**Cross Pool** – Come to **Lions Pool** and walk, swim, or do individual exercise. There is no instructor for this adult activity. Every weekday, 11:15 a.m. – Noon. Cost is \$1.50.

**Warm Water Exercise** – Come to the **Farmington Aquatic Center** and walk, swim, or do individual exercise. Equipment is available for your use, but there is no instructor for this activity. Every weekday, 6:00 a.m. – 7:45 a.m. and 10:30 a.m. – Noon. Cost is \$2.50 per person. Punch cards and passes welcome.