

## **Aqua Fitness Classes**

The Wytheville Community Center offers a Natatorium including a Junior Olympic-size pool, water park, hot tub, and therapy pool located on the first floor of the Community Center.

Aqua Fitness Classes offered in the shallow and deep water of the lap pool consisting of cardio, strength and flexibility. Water-assisted equipment such as noodles, hand buoys, paddles and buoyancy belts may be utilized during classes. Enhance your flexibility in classes offered in the therapeutic environment of warmer waters.

Aquatic gloves are available for purchase at the front desk. These gloves provide resistance and help relieve participants who may have fibromyalgia or arthritis.

Please check the Front Desk for registration, class availability and postings for new classes. Classes are subject to change due to participation. Classes are subject to cancellation due to inclement weather and instructor availability. Please check the Front Desk for class descriptions for appropriate fitness levels and age groups.

**Gold level pass plans have unlimited access to all aquatic fitness classes. Pre-registration is required for all aquatic fitness classes. Registration is the third Wednesday of every month.**

**Registration is required for all aqua fitness classes for all participants.**

**For specific questions, please call the fitness desk at 223-3527 or contact Becky Irvin, Fitness/Aerobic Coordinator at 223-3526 or email [beckyi@wytheville.org](mailto:beckyi@wytheville.org).**