

RIEGEL RIDGE POOL AQUA CLASS SCHEDULE

MONDAY

Aqua Zumba
6:00pm – 7:00pm
Melanie
Pool

TUESDAY

Aqua Fitness
12:00pm – 12:45pm
Melanie
Pool

WEDNESDAY

Aqua Fitness
6:15pm – 7:00pm
Melanie
Pool

THURSDAY

Aqua Zumba
12:00pm – 1:00pm
Melanie
Pool

Important Notes

AQUA CLASSES are included with an active RRCC POOL Membership

Aqua classes begin the week of July 6th.

Drop-in Rates:

Adult- \$12

Senior- \$10

Fees include admittance to the pool all day.
10 Aqua Class Punch Cards available for \$100

Contact Information

📞 908-995-9260

🌐 www.riegelridgecc.org

📍 910 Milford Warren Glen Rd
Milford, NJ 08848

Aqua Fitness: Aqua Fitness features work cycles for a set amount of time paired with recovery cycles for a set amount of time. It is a total body conditioning, complete cardio vascular workout. Low impact / high intensity options will be shown for lower intensity movements

Aqua Zumba: Aqua Zumba has some of the traditional elements of aqua fitness with upbeat dance moves and music. Fun is the name of the game! This is also a low impact/ high intensity work out.

Both Aqua classes are perfect and suitable for all ages and abilities fun but challenging full body workout

The classes emphasize cardio vascular strength and endurance as well as flexibility, range of motion and core strength.

No swimming skills required.

Classes are held in shallow water for a great low impact but challenging workout!