

Adult Aquatic

Registration Classes at ABHF



Winter 2025

To register, please visit <https://ascension-mi.regfox.com/adult-aquatics-winter-2025>
All classes are held at Ascension Borgess Health & Fitness.

Winter 1: January 13 - February 21

Winter 2: February 24 - April 4



Adult Swim Lesson Program

Adult Beginner Swim Lessons

Designed for ages 17 & up. This class helps familiarize inexperienced adults with basic water skills including floating, breathing, and learning basic swimming strokes. No prior swimming experience is needed to join this group.

Cost \$105, ABHF member \$85.

Winter (Jan. 7 - Feb. 18)

T: 7:25-8:15pm (Lap Pool)

Class Registration for Non-Members

Payment is for a 6 week session. Fall 1 and Fall 2 are both available for registration

Ai Chi

Ai-Chi will help you achieve a quiet, peaceful feeling that you can carry through your busy day. The use of slow repetitive movement in the warm water will help balance and stretch the body. Cost \$60, ABHF members do not need to register.

M: 9:05-9:45 a.m. (Spine/PT Pool)

F: 9:05-9:45 a.m. (Spine/PT Pool)

H2O Pi-Yo

A hybrid of Aqua Yoga and Pilates. Improve flexibility & balance with additional focus on strengthening the core & body.

Cost \$60, ABHF members do not need to register.

W: 6:45-7:30am (Warm Pool)

Aqua Zumba

Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a fun workout. Integrating the Zumba formula and philosophy with traditional aqua fitness principles, this class blends it all together in a safe, challenging water-based workout that's cardio-conditioning, body toning and exhilarating!

Cost \$60, ABHF members do not need to register.

W: 10:05-10:45 a.m. (Lap Pool)

F: 10:05-10:45 a.m. (Lap Pool)

Deep Water Exercise

If you need a cardiovascular workout with no impact, try exercising in the deep water. This self-paced, non-swimming routine adjusts to any fitness level. Cost \$60, ABHF members do not need to register.

Tu: 9:05-9:45 a.m. (Lap Pool)



**Ascension
Borgess**

HEALTH & FITNESS
3025 Gull Road
Kalamazoo, MI 49048



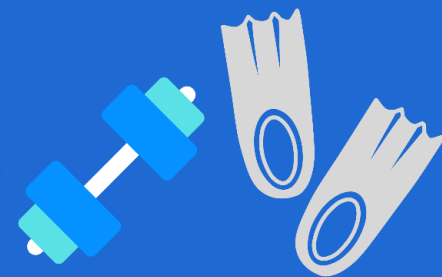
Questions? Contact:
madison.barry@ascension.org

Sign up for
Class Alerts!



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Joins In Motion

Enjoy the soothing warm water pool in this special class designed for individuals with joint disease. Short aerobic component helps you stay moving. Cost \$60, ABHF members do not need to register.

M: 10:05-10:45 a.m. (Warm Pool)

W: 10:05-10:45 a.m. (Spine/PT Pool)

Medical Maintenance Swim

Open time in our warm water pool for participants to complete their medical or post-therapy exercise program. Cost \$60.

Call to Schedule: (269) 552-2342

Prenatal Water Exercise

This class will reward you with wellness benefits for you and your baby. Safe exercise during pregnancy increases flexibility, improves recovery time after childbirth, and improves emotional well-being. Water workouts are less stressful on the body and minimize the risk of injury, cause less abdominal heaviness and low back pain, and enhance blood flow. Cost \$60 for non-members, \$30 for members

M: 6:30-7:15 p.m. (Lap Pool)

Stretch & Tone

Improve strength and flexibility in this fun class in the warm water. A short aerobic portion will get the body moving and ready for developing strength, balance and flexibility. Cost \$60; ABHF members do not need to register.

Tu: 12:05-12:45 p.m. (Warm Pool)

Tu: 6:30-7:15 p.m. (Warm Pool)

Th: 12:05-12:45 p.m. (Warm Pool)

Th: 6:30-7:15 p.m.. (Warm Pool)

Water Exercise

Get a complete workout without leaving the pool! A balance of cardio, strength, and stretching for all fitness levels. Cost \$60, ABHF members do not need to register.

Tu: 7:05-7:45 a.m. (Lap Pool)

Th: 7:05-7:45 a.m. (Lap Pool)



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