



Water Aerobics

2017 Summer Schedule

INDOOR POOL

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|----------|------------------|-----------|------------------|----------|----------|--------|
| 7:00 am | | Aquasize | | Aquasize | | | |
| 8:00 am | Aquasize | Aquasize | Aquasize | Aquasize | Aquasize | Aquasize | |
| 12:00 pm | AquaLite | Women's Prenatal | AquaLite | Women's Prenatal | AquaLite | | |

OUTDOOR

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-------------|---------------|-------------|---------------|--------|-------------|-----------------|
| 9:00 am | Aqua Zumba® | Water Running | Aqua Zumba® | Water Running | | Aqua Zumba® | |
| 6:30 pm | | | | | | | Interval/Tabata |

RIVER

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|-----------------------------------|------------------|-----------------------------------|------------------|--------|-----------------------------------|--------|
| 9:00-10:00 am | | | | | | River Resistance River Stretch | |
| 10:00-10:30 am | | River Resistance | | River Resistance | | | |
| 10:00-10:45 am | River Resistance River Stretch | | River Resistance River Stretch | | | | |

INDOOR POOL

AQUA SIZE

The resistance of the water provides a fitness challenge for both the beginner and seasoned athlete looking for cross training options with lower impact and stress on the joints. Each movement in the water provides 7x the resistance of a similar movement in the air! These classes include a balance between cardio-fitness and muscle conditioning segments.

AQUA LITE

Designed especially to increase mobility with range of motion while increasing strength and flexibility in a low impact environment. This is an enjoyable class with a loyal, fun-loving group.

WOMEN'S AQUA PRE-NATAL/REHAB

A special 12-month class for the expectant Mother thru 3-months postnatal. Modified water aerobics stretching and information geared especially for mom's to be! ***A note from your doctor is required before starting class.**

AQUA TABATA/INTERVAL

This is an intense, 45-minute, cardio focused workout that incorporates timed interval techniques to increase both strength and endurance. An excellent addition to any fitness regimen.

WATER RUNNING

This Deep H2O challenge offers a buoyant, suspended workout, reputable to provide a zero to low impact advanced cardio-workout for both beginner and athlete fitness levels. This class includes interval training, station work, cardio work with the natural benefits of the water adding balance, and core work.

AQUA ZUMBA®/AQUA DANCE

These two similar classes are a "pool party" you won't want to miss! These classes blend sounds of Latin Rythm music with popular dance mix beats. These exhilarating classes offer increased cardio-conditioning, body-toning workout that also engages the core.

OUTDOOR POOL

RIVER

Pelican Bay offers serious fun in the sun with classes in the Lazy River!

RIVER RESISTANCE

This wildly popular, 30-Minute class provides a worthy challenge for all fitness levels! Participants workout while pushing *against the river's current* as they walk, jog, and jump their way our way around the river.*

RIVER STRETCH & FLEX

Participants will *move with the flow of the current* using gentle rhythmic movements combined with some suspended flotation. The properties of the water provide a low impact, "cushioned", environment This 30-minute class emphasizes working to increase flexibility and range of motion at a relaxing pace!

****It's suggested to wear hats, water shoes, and sunscreen. (all classes are 55 minutes unless indicated otherwise)***



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Participants need to be aware of their own physical limitations when participating in any water aerobics class. If you have any concerns please consult with your doctor prior to participation.