



Water Aerobics

2017 Winter Schedule

INDOOR POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 am	Aquasize	Aquasize	Aquasize	Aquasize	Aquasize		
8:30 am	Aquasize		Aquasize		Aquasize	Aquasize	
12:00 pm	AquaLite	Women's Prenatal	AquaLite	Women's Prenatal	AquaLite		

OUT DOOR POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am						Aqua Zumba®/Dance	
9:30 am	Aqua Zumba®/Dance	Water Running	Aqua Zumba®/Dance	Water Running			
6:30 pm							Interval / Tabata

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 less 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

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.

OUTDOOR POOL

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®/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.



(All classes are 55 minutes unless indicated otherwise)

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.



1776 Terminal Dr.,
Richland, WA 99354

509.943.8416
www.mycbrc.com