



Water Aerobics

**2019/2020
Fall/Winter/Spring
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		
10:00 am		Aqua Strength		Aqua Strength	Aqua Strength		
12:00 pm	AquaLite	Women's Prenatal	AquaLite	Women's Prenatal	AquaLite		

OUTDOOR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am						Aqua Dance	
8:45 am		Water Running		Water Running			
10:00 am	Aqua Dance		Aqua Dance				
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 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 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 Strength

This class is designed to combine the best of both the Aqua Size and Aqua Lite. You will enjoy exercises to increase cardio fitness and muscle conditioning along with others to increase range of motion, all while increasing strength and flexibility.

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 DANCE

This class is a "pool party" you won't want to miss! This class blends sounds of Latin Rythm music with popular dance mix beats. This exhilarating class offers increased cardio-conditioning, body-toning workout that also engages the core.

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.