



# GROUP FITNESS: AQUA

SEPTEMBER 11 – DECEMBER 22

Monday	Tuesday	Wednesday	Thursday	Friday
7:00-7:45 am <b>DRILLS</b> Ron <b>MP</b>	7:00-7:45 am <b>BOXING</b> Rich <b>WWP</b>	6:30-7:00 am <b>TSUNAMI INTERVALS</b> <b>WORK ON WATER*</b> on Balance Boards Marit <b>WWP</b>	9:00-9:45 am <b>PILATES PLUS</b> Amy <b>WWP</b>	7:00-7:45 am <b>BOOT CAMP</b> Ron <b>WWP</b>
9:15-10:00 am <b>TURBO FIN</b> Deborah <b>MP</b>	8:00-8:45 am <b>RIDE</b> Ron <b>MP</b>	7:00-7:45 am <b>NEW! TABATA</b> Carolyn <b>WWP</b>	10:00-10:45 am <b>WATER WONDERS</b> Kate <b>WWP</b>	9:00-9:45 am <b>DEEP WATER RUNNING</b> Deborah <b>MP</b>
9:00-9:45 am <b>PILATES</b> Amy <b>WWP</b>	9:00-9:45 am <b>ALL TIED UP</b> Deborah <b>MP</b>	9:00-9:45 am <b>HIGH-LOW</b> Colleen <b>WWP</b>	10:00-10:45 am <b>BOMB</b> Helen <b>MP</b>	10:00-10:45 am <b>POWER</b> Wendy <b>WWP</b>
11:00-11:45 am <b>AFA-Arthritis Foundation Approved</b> Kay <b>WWP</b>	9:00-9:30 am <b>TSUNAMI STRENGTH*</b> on Balance Boards Ron <b>WWP</b>	9:15-10:00 am <b>TURBO FIN</b> Deborah <b>MP</b>	11:00-11:45 am <b>JOINT EFFORT</b> Colleen <b>MP</b>	10:00-10:45 am <b>RIDE</b> Ron <b>MP</b>
6:30-7:00 pm <b>TSUNAMI YOGA*</b> on Balance Boards Lisa F. <b>WWP</b>	9:30-10:15 am <b>JUST MOVE IT</b> Wendy <b>WWP</b>	10:00-10:45 am <b>PUMP IT</b> Jordan <b>MP</b>	6:00-6:45 pm <b>HIGH-LOW</b> Brenda <b>WWP</b>	11:00-11:45 am <b>AFA-Arthritis Foundation Approved</b> Kay <b>WWP</b>
7:15-8:00 pm <b>RESTORATIVE YOGA</b> Lisa F. <b>WWP</b>	10:00-10:45 am <b>DEB'S DECISION</b> Deborah <b>MP</b>		7:00-8:30 pm <b>VOLLEYBALL</b> Kathie L. <b>WWP</b>	11:00-11:45 am <b>FLAPPERS</b> Brenda <b>MP</b>
	7:00-8:30 pm <b>VOLLEYBALL</b> Kathie L. <b>WWP</b>			12:00-12:45 pm <b>SILVER FOX*</b> Brenda <b>WWP</b>

**MP=Main Pool    WWP=Warm Water Pool**

**No Classes:** 11/24 & 11/25 and 12/25/17-1/1/18

**\*FEES APPLY**

# AQUA FITNESS CLASS DESCRIPTIONS

## Shallow Water Classes

**AFA-ARTHRITIS FOUNDATION APPROVED:** Shallow end exercises set to music, designed to aid in pain relief, improve flexibility, range of motion and muscle strength in our Warm Water Pool. Light cardio included.

**BOXING:** Train your body using underwater heavy bags for resistance in every plane of motion. This innovative format and equipment is straight from Italy and does not yet exist anywhere within the USA. Be first! Be strong! Intense format-be prepared to sweat.

**BOOT CAMP:** Is a high intensity aqua circuit that combines strength & cardio. Conditioned participants encouraged.

**BOMB:** Full body workout includes cardio, strength and abdominal work. Come join this aqua craze format.

**DRILLS:** This format combines strength and cardio in shallow & deep water. Intermediate swimming skills and goggles are required.

**FLAPPERS:** This class will focus on upper body exercises. Hire a driver...you're going to need it to get home.

**HIGH-LOW:** This class will take you through a series of changing intensity. Interval training at its best.

**JUST MOVE IT:** Whether a beginner or veteran to water workouts, you'll be challenged with intervals, balance, strength and endurance training and a variety of activities. Your own pace class format, so jump in and just move it.

**PILATES:** This class promises to strengthen your lower back and abs and increase overall flexibility.

**PILATES PLUS:** Pilates training plus a little stabilization, a little strength and a little cardio. Appropriate for all levels.

**PUMP IT:** A total body workout. This 45 minute class offers cardio, strength training, barre exercises, and core work. Maximize calorie burn and total body training with this workout!

**POWER:** Fast paced cardio and resistance work and cool down. We promise to power up your workout. Suitable for all levels.

**RESTORATIVE YOGA:** Restorative yoga will provide support to open and relax joints, lengthen the spine into alignment and use the breath and movement to promote a meditative quality to the practice...candlelight & music too!

**TSUNAMI INTERVALS WORK ON WATER:** Increase your strength & balance, with the added challenge of balancing on the water. 30-minutes of total body workout...on the water! Squats, lunges, rows, and more!

**TSUNAMI YOGA:** Pilates on a balance board in the pool is a fun & challenging way to strengthen your core and increase flexibility. This unique class uses traditional Pilates moves on an unstable surface, encouraging your muscles to work harder to stay dry. This class is beneficial to people of all ages and fitness levels and is a great way to get fit and healthy!

**TSUNAMI STRENGTH:** A playful approach to mastering basic yoga skills while balancing on a water mat. Be prepared to challenge your focus, strengthen your core and stability muscles and to fall out of poses and into the water.

**Tsunami Balance Boards are a fee based class. See front desk or website for registration form.**

**VOLLEYBALL:** Spike and splash is back for the entire session. Get in shape and have some non-competitive fun. 18+

**WATER WONDERS:** Class uses the ancient practices of Yoga and Tai Chi in a soothing warm water environment. Relaxing stretches and gentle poses will improve balance and circulation-create flexibility and relieve stress.

## Underwater Bike Class (Water shoes are required-Limited to 10 participants)

**RIDE:** Spinning in the water. Cardio levels run from moderate to high intensity, plus resistance work to sculpt the arms.

## Deep Water Classes YOU DON'T NEED TO BE A SWIMMER, BUT MUST BE COMFORTABLE IN DEEP WATER

**ALL TIED UP:** A high intensity interval training workout. Participants will run, swim and stride while tethered to the pool wall.

**JOINT EFFORT DEEP:** A SUPER cardio and resistance workout with special emphasis on maintaining joint integrity.

**DWR (Deep Water Running):** Runners-why not subtract from all of that joint pounding roadway mileage that you are accruing each week? Deep water running is the perfect runner's companion providing sports specific training with off-loading of the joints.

**CHOICE & DECISION:** Let the masters decide! Be prepared for them to "bring it!" (Deborah's Decision or Colleen's Choice)

**TURBO FIN:** It's finning kicked up a notch! A high intensity aerobic workout creating resistance by using swim fins.