



# GROUP FITNESS: AQUA

EFFECTIVE OCTOBER 21, 2019

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| 7:00-7:45 AM<br><b>MONDAY!</b><br><b>MONDAY!</b><br>Kathy N. MP | 9:00-9:45 AM<br><b>ALL TIED UP</b><br>Deborah MP          | 7:00-7:45 AM<br><b>DRILLS</b><br>Deborah MP        | 9:00-9:45 AM<br><b>H2O PILATES</b><br>Elizabeth WWP | 9:00-9:45 AM<br><b>RIDE</b><br>Deborah MP             |
| 9:00-9:45 AM<br><b>TURBO FIN</b><br>Deborah MP                  | 10:00-10:45 AM<br><b>FIGHT BACK</b><br><b>UH2O \$</b> WWP | 8:00-8:45 AM<br><b>RIDE</b><br>Deborah MP          | 10:00-10:45 AM<br><b>JUST MOVE IT</b><br>Wendy WWP  | 10:00-10:45 AM<br><b>DWR</b><br>Deborah MP            |
| 9:00-9:45 AM<br><b>PILATES</b><br>Amy WWP                       | 10:00-10:45 AM<br><b>NEW! CYCLE-LATES</b><br>Elizabeth MP | 9:00-9:45 AM<br><b>GENTLE FLOW</b><br>Kathy N. WWP | 11:00-11:45 AM<br><b>WATER WONDERS</b><br>Kate WWP  | 10:00-10:45 AM<br><b>POWER</b><br>Wendy WWP           |
| 10:00-10:45 AM<br><b>CIRCUITS</b><br>Carolyn MP                 | 11:00-11:45 AM<br><b>COLLEEN'S CHOICE</b><br>Colleen MP   | 9:00-9:45 AM<br><b>TURBO FIN</b><br>Deborah MP     | 11:00-11:45 AM<br><b>JOINT EFFORT</b><br>Colleen MP | 11:00-11:45 AM<br><b>FUN &amp; GAMES</b><br>Brenda MP |
| 11:00-11:45 AM<br><b>AFA-ARTHRITIS</b><br>Kay WWP               | 11:00-11:45 AM<br><b>NEW! BACKHAB</b><br>Ann Marie WWP    | 10:00-10:45 AM<br><b>BARRE</b><br>Jordan MP        | 1:00-2:00 PM<br><b>MS FIT \$</b><br>Ann Marie MP    | 11:00-11:45 AM<br><b>AFA-ARTHRITIS</b><br>Kay WWP     |
| 7:00-7:45 PM<br><b>YOGA</b><br>Juan/Kathie WWP                  | 1:00-2:00 PM<br><b>MS FIT \$</b><br>Ann Marie MP          | 11:00-11:45 AM<br><b>MEDITATION</b><br>Colleen WWP | 6:00-6:45 PM<br><b>YOGA</b><br>Kathie/Juan WWP      | 12:00-12:45 PM<br><b>FLAPPERS</b><br>Brenda WWP       |
|   | 7:00-8:30 PM<br><b>VOLLEYBALL</b><br>WWP                  |  | 7:00-8:30 PM<br><b>VOLLEYBALL</b><br>WWP            |   |

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

# AQUA FITNESS CLASS DESCRIPTIONS

## Shallow Water Classes

**AFA-ARTHRITIS FOUNDATION APPROVED:** A low impact workout designed to maintain and improve flexibility and range of motion for individuals affected by Arthritis.

**NEW! BACKHAB:** Give you back a break with our newest class specifically targeting bad backs. Improve postural alignment, strength, flexibility and cardiovascular endurance.

**BARRE:** Simple movements that will tone every muscle in the body. Lengthen, strengthen and improve your range of motion.

**CIRCUITS: Intense**-move from station to station for strength and cardio!

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

**FUN & GAMES:** A variety of fun fitness games that make you even forget you're working out!

**NEW! GENTLE FLOW:** Enjoy a low impact water workout designed to target all joints and muscle groups. You will leave feeling energized and ready for the day!

**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.

**MEDITATION:** Calm your mind & settle your body & focus on your breath.

**NEW! MONDAY! MONDAY!** Get your week started with an aerobics workout (shallow & deep) targeted to challenge all areas of fitness, core strength, flexibility, coordination & balance.

**PILATES & H2O PILATES:** Increase flexibility while maintaining core stabilization, balance, and postural alignment in the healing environment of water.

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

**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.

**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!

## 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.

**NEW! CYCLE-LATES:** Cardio & strength training all in one class! Combinations of Hydro-Spinning Intervals & Pilates.

## 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.

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

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**\$ MS FIT (Multiple Sclerosis Fitness):** Exercise is essential for overall well-being. Research has shown that exercise can also help manage symptoms of Multiple Sclerosis. These specialized programs focus on maintaining functional ability, improving balance, coordination, mobility, range of motion and combat fatigue.

**\$ FIGHT BACK UH2O:** Aquatic boxing class for people diagnosed with Parkinson's Disease. Work on balance & gait training without the fear of falling or injury.