



AQUA FITNESS SCHEDULE

MARCH 27 – JUNE 9

Monday CLOSED 5/29	Tuesday	Wednesday	Thursday	Friday
7:00-7:45 am Aquatics Drills Ron MP	7:00-7:45 am Boxing Rich WWP	7:00-7:45 am Weather the Tether Bonnie WWP	7:00-7:45 am Sports Training Camp Rich WWP	7:00-7:45 am Boot Camp Ron WWP
9:15-10:00 am Turbo Fin Deborah MP	8:00-8:45 am Aqua Ride Ron MP	8:00-9:00 am Begin to Swim Bonnie MP \$3/class-pay at front desk	9:00-9:45 am NEW! Circuit City Diana MP	9:00-9:45 am DWR Deborah MP
9:00-9:45 am Pilates Amy WWP	9:00-9:45 am All Tied Up Deborah MP	9:00-9:45 am High-Low Colleen WWP	9:00-9:45 am Pilates Plus Amy WWP	10:00-10:45 am Aqua Power Wendy WWP
10:15-11:00 am Deborah's Decision Deborah MP	10:00-10:45 am Happy Hour @ the Barre Brenda MP	9:15-10:00 am Turbo Fin Deborah MP	10:00-10:45 am Water Wonders Kate WWP	10:00-10:45 am Aqua Ride Ron MP
11:00-11:45 am AFA-Arthritis Foundation Approved Kay WWP	10:00-10:45 am Just Move It Wendy WWP	10:00-10:45 am Happy Hour @ the Barre Jordan MP Effective 5/24	10:00-10:45 am Aqua Blast Diana MP	11:00-11:45 am AFA-Arthritis Foundation Approved Kay WWP
6:00-7:30 pm Aqua Volleyball Kathie L. WWP	11:00-11:45 am Aqua Meditation & Relaxation Colleen WWP eff. 5/9		11:00-11:45 am Joint Effort Colleen MP	11:00-11:45 am Colleen's Choice Colleen MP
7:30-8:15 pm Restorative Yoga Lisa F. WWP	7:00-8:30 pm Aqua Volleyball Kathie L. WWP			12:00-12:45 pm Silver Fox* Brenda WWP

MP=Main Pool
WWP=Warm Water Pool

NO CLASSES AS FOLLOWS:
 May 26 & May 29 (Memorial Day Weekend)
 June 12-23 (Break)

***Fee applies for Silver Fox Program. Register at the front desk.**

AQUA FITNESS CLASS DESCRIPTIONS

Shallow Water Classes

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.

AQUATIC BOOTCAMP: Is a high intensity aqua circuit that combines strength & cardio. Conditioned participants encouraged.

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

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

AQUA MEDITATION & RELAXATION: A blend of stretching, yoga, Ai Chi & meditation to relieve stress, open joints & feel great!

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

CIRCUIT CITY: Circuit class utilizing bikes, boxing bags, trampolines, etc! Fast paced cardio & great lower body workout!

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.

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

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.

HAPPY HOUR @ THE BARRE: A toning class fusing ballet barre technique, Pilates and weight training. This class uses high repetitions to create long lean muscles and improve postures.

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

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

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!

SPORTS TRAINING CAMP: Sports specific training. Swing a baseball bat, golf club, tennis racquet, throw a football, shoot baskets & have fun in this intense workout!

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.

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

WEATHER THE TETHER: Do you like to sweat when you get wet? If so, let's see if you can Weather the Tether! This high octane swim class will take you places without even leaving the wall. It is a high intensity, endurance driven workout combination that will challenge even the fittest athlete. (Must have swim experience and be able to swim on both front and back. Goggles are caps for long hair highly recommended)

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

AQUA 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.

BEGIN TO SWIM: Beginner Lap Swimmers ONLY. Learn proper strokes, kicking and breathing techniques. Goggles and caps recommended. \$3.00 per class pay at the front desk and receive blue band.

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.