



GROUP FITNESS: AQUA

JUNE 25-AUGUST 24, 2018

Monday	Tuesday	Wednesday CLOSED 7/4	Thursday	Friday
7:00-7:45 am DRILLS Ron MP	7:00-7:45 am BOXING Rich WWP	7:00-7:45 am TABATA Carolyn WWP	9:00-9:45 am WATER WONDERS Kate WWP	7:00-7:45 am BOOT CAMP Ron WWP
8:15-9:00 am AQUA PILATES Amy WWP	8:00-8:45 am RIDE Ron MP	9:00-9:45 am HIGH-LOW Brenda MP	9:00-9:45 pm JUST SHAKE IT Denisse MP	9:00-9:45 pm JUST SHAKE IT Denisse MP
12:15-1:00 pm FLAPPERS Brenda MP	10:00-10:45 am BBYU Brenda MP	9:45-10:30 am PUMP IT Jordan MP	10:00-10:45 am BBYU Brenda MP	12:15-1:00 pm FUN & GAMES Brenda MP
12:30-1:15 pm AFA-Arthritis Foundation Approved Kay WWP	11:00-11:45 am HIGH-LOW Colleen WWP	12:30-1:15 pm ZEN WITH BREN Brenda WWP	10:00-10:45 am \$ FIGHT BACK UH20 Rich/Kathy/Colleen WWP	12:30-1:15 pm AFA-Arthritis Foundation Approved Kay WWP
7:00-7:45 pm RESTORATIVE YOGA Lisa F. WWP	1:00-2:00 pm \$ MS FIT Ann Marie MP	6:30-7:15 pm HIGH-LOW Brenda WWP	11:00-11:45 am JOINT EFFORT DEEP Colleen MP	
	6:30-8:00 pm VOLLEYBALL Kathy WWP		1:00-2:00 pm \$ MS FIT Ann Marie MP	
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MP=Main Pool WWP=Warm Water Pool

\$=There is an additional fee associated with this class. Please visit our website or ask the front desk for more information.

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.

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

BBYU-“Brenda Beats You Up” A High-High combo class for all levels, full body with some interesting twists-you’ll have to come & see!

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.

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.

FUN & GAMES: A variety of pool games to get the heart pumping with a lot of fun thrown in!

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

JUST SHAKE IT: This class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

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!

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!

TABATA-An intense workout that is easy on the joints. Rounds of high-intensity exercise in a 20 seconds on, 10 seconds off sequence.

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.

ZEN WITH BREN-A relaxing and gentle mind/body experience.

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

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

\$ 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 UH20: Aquatic boxing class for people diagnosed with Parkinson’s Disease. Work on balance & gait training without the fear of falling or injury.