



**GROUP FITNESS AQUA CLASS SCHEDULE**

**December 2018**

**12/1, 12/15 swim meets**

**Deep Water Conditioning cancelled**

Monday 9:00-10:00a Aqua Boot Camp	Lynn
Monday 10:00-10:45a Aqua Fusion	Lynn
Monday 10:45-11:45a Warm Water Therapy	Lynn
Monday 5:30-6:30p Aqua Blast	Julianne
Tuesday 9:00-9:45a Aqua Interval	Gail
Tuesday 9:45-10:45p Aqua Zumba	Charity
Tuesday 10:45-11:45a Aqua Arthritis	KC
Wednesday 9:45-10:30a Aqua Tai Chi	Sherry
Wednesday 10:30-11:30a Deep Water Conditioning	Sherry
Wednesday 10:45-11:45a Aqua Arthritis	Lee Anne
Wednesday 5:30-6:30p Hydro Running	Patti
Thursday 9:00-9:45a Aqua Interval	KC
Thursday 9:00-9:45a Aqua Tai Chi	Sherry
Thursday 9:45-10:45a Aqua Zumba	Crista
Thursday 10:45-11:45a Aqua Arthritis	KC
Thursday 5:30-6:30p Aqua Zumba	KC
Thursday 6:30-7:30p Aqua Boot Camp	Patti
Friday 9:00-10:00a Aqua Boot Camp	Anita
Friday 10:00-10:45a Aqua Fusion	Anita
Friday 10:45-11:45a Warm Water Therapy	Anita
Saturday 11:00-12:00p Deep Water Conditioning	Patti
Sunday 10:00-11:00a Deep Water Conditioning	Julianne/Sue

**Aqua Class Descriptions are listed on the back**

# Aqua Class Descriptions

## Classes in yellow are in Warm Water Pool

**Aqua Arthritis:** This program is geared for individuals with mobility challenges such as arthritis, joint injuries, or past surgeries. Class will consist of low intensity exercises emphasizing range of motion in the warm water pool.

**Aqua Blast:** Tone and sculpt your body with no impact on your joints. This deep water class is a blend of cardio and resistance training. Water weights, noodles, and flotation belts are provided.

**Aqua Boot Camp:** A Boot Camp style interval workout that will get your heart pumping and leave your muscles aching for more! A high intensity class utilizing water resistance, using equipment and powerful movements for a great cardio workout!

**Aqua Fusion:** A lighter approach to cardio conditioning, muscular strength and endurance using the buoyance and resistance of the water giving you a safe, effective workout!

**Aqua Interval:** This circuit type of workout combines intervals of cardio and strength with focus on heart rate and endurance. Sometimes just shallow water, sometimes just deep, or sometimes a combination. A great workout for all levels! A flotation belt is provided!

**Aqua Tai Chi:** This exercise and relaxation class has been created to enjoy the warm water in a flowing yet powerful progression. The water provides gentle resistance to movement which eases strain on tender joints and gently develops muscle strength to help improve proper posture and balance.

**Aqua Zumba®:** This low impact high energy Zumba aquatic exercise class has less impact on your joints so you can really let loose and have fun!

**Deep Water Conditioning:** Suspended by a flotation belt, work on core strength, posture and endurance in this fun and challenging class! Use pool noodles and water weights to strengthen your muscles while you walk, jog and run your way to a healthier you!

**Hydro Running:** is a form of running in deep water wearing a flotation belt (provided), and no swimming skills are necessary. This high intensity water running class provides a total body workout with no impact on your joints. . This program will benefit runners, tri-athletes, and other active exercisers who are looking for a challenging workout to complement their land based training.

**Warm Water Therapy:** Are you recovering from an injury or living with chronic medical conditions, then this class is for you! The warm water will eliminate any pounding pressure on your joints while focusing on strengthening common areas of weakness and increasing mobility.