



Trager  
Family  
JCC

Yarmuth Family  
Aquatics Center

# AQUA FITNESS

	TIME	CLASS	INSTRUCTOR
MON	9:30 a.m. - 10:30 a.m.	Club 60	Linda C.
	10:30 a.m. - 11:30 a.m.	Deep Intervals	Laura S.
	7:00 p.m. - 8:00 p.m.	Water Blast	Susan L.

	TIME	CLASS	INSTRUCTOR
TUE	9:30 a.m. - 10:30 a.m.	Club 60	Linda C.
	10:30 a.m. - 11:30 a.m.	Aqua Barre	Linda C.
	7:00 p.m. - 8:00 p.m.	Deep Water	Jeannie R.

	TIME	CLASS	INSTRUCTOR
WED	8:30 a.m. - 9:15 a.m.	Water Walkers	Jeannie R.
	9:30 a.m. - 10:30 a.m.	Club 60	Jeannie R.
	10:30 a.m. - 11:30 a.m.	Deep Water	Jeannie R.
	7:00 p.m. - 8:00 p.m.	Water Blast	Susan L.

	TIME	CLASS	INSTRUCTOR
THU	10:30 a.m. - 11:30 a.m.	Water Blast	Laura W.
	6:00 p.m. - 7:00 p.m.	Deep Intervals	Susan L.
	7:00 p.m. - 8:00 p.m.	Aqua Boot Camp	Jennifer Embry I.

	TIME	CLASS	INSTRUCTOR
FRI	9:30 a.m. - 10:30 a.m.	Club 60	Pam W.
	10:30 a.m. - 11:30 a.m.	Deep Water	Jeannie R.

	TIME	CLASS	INSTRUCTOR
SAT	9:00 a.m. - 10:00 a.m.	Deep Intervals	Laura S.
	10:00 a.m. - 11:00 a.m.	Water Blast	Jennifer Embry I.

	TIME	CLASS	INSTRUCTOR
SUN	10:00 a.m. - 11:00 a.m.	Deep Water	Staff

**\*ALL CLASSES ARE HELD IN THE INDOOR POOL AND REQUIRE A RESERVATION**



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## **Aqua Barre**

This class takes traditional ballet movements and adapts them for use in the water. There will be a focus on strengthening arms, legs and core through the use of equipment and with the built-in resistance from the water.

## **Aqua Bootcamp**

This is not your grandma's workout. Combine wall exercises, buoyancy equipment, lap swimming and high intensity aqua fitness moves to challenge the heart. Get ready for a challenging calorie burning water workout.

## **Club 60**

This class utilizes movements with standing and floor exercises. Stay fit with low impact aerobics, strength and conditioning utilizing a variety of equipment, followed by a gentle stretch section. Perfect for those who want to keep moving with low impact options.

## **Deep Intervals**

Through the use of a flotation belt, this workout uses intervals of work and rest to increase cardiovascular fitness and muscular strength. This class focuses on burning calories and improving your fitness level using timed intervals. It is a challenging workout for both new and seasoned exercisers.

## **Deep Water**

Through the use of a flotation belt, this workout includes strength, endurance, range of motion, cardio exercises, and stretching at the end of class. The instructor may also incorporate the use of floatation devices for added strength training. A great workout for people who have joint problems.

## **Water Blast**

This is a high-energy shallow water aqua fitness class designed to blast the calories and crank up the metabolism. Through the use of cardio and strength movements, you can achieve these movements without the strain land classes may cause on your body.

## **Water Walkers (45 minutes)**

This class utilizes gentle walking and marching movements to increase mobility, while gaining the added benefits of the water.

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