

# Aqua Fitness

Sunday

10 - 11 a.m.                      Deep Water                      Pat H./Beth

Monday

9 - 10 a.m.                      Club 60                      Pat Gregg  
10:30 - 11:30 a.m.                      Deep Water                      Beth

Tuesday

9:30 - 10:30 a.m.                      Shallow Water                      Pat Hirsch  
10:30 - 11:30 a.m.                      Deep Water                      Pat Hirsch  
6:45 - 7:30 p.m.                      Water Pilates                      Beth  
7:30 - 8:30 p.m.                      Deep Water                      Beth

Wednesday

9 - 10 a.m.                      Club 60                      Pat Gregg  
9:30 - 10:30 a.m.                      Awareness Through Water                      Dorothy  
10:30 - 11:30 a.m.                      Deep Water                      Dorothy  
5:45 - 6:15 p.m.                      Family Fun Fit SPLASH                      Beth  
6:30 - 7:30 p.m.                      Aqua ZUMBA\*                      Cynthia  
7:05 - 7:50 p.m.                      Advanced Conditioning+                      Kaitlin



**CLASSES AND INSTRUCTORS ARE  
SUBJECT TO CHANGE**

**All Classes are held outdoors through  
Labor Day**

**Ages  
11 & Up**

Thursday

9:30 - 10:30 a.m.                      Shallow Water                      Pat Hirsch  
10:30 - 11:30 a.m.                      Deep Water                      Pat Hirsch  
6:30 - 7:30 p.m.                      WATER In MOTION™                      Marta  
7:30 - 8:30 p.m.                      Deep Water                      Marta

Friday

9 - 10 a.m.                      Club 60                      Pat Gregg  
9:30 - 10:30 a.m.                      WATER In MOTION™                      Beth  
10:30 - 11:30 a.m.                      Deep Water                      Beth

Saturday

10:30 - 11:30 a.m.                      WATER In MOTION™                      Beth  
11:30 - 12:30 p.m.                      Aqua Bootcamp                      Shannon

+Class will be held in the outdoor lap pool



**For More Information call  
Johnny at 238-2742**

**Revised 6/30/14**

# Aqua Fitness Class Description

Advanced Conditioning+: This class challenges swimmers to get into their best condition by training with the best of the best. This a rigorous training circuit designed to amp up a workout.

Aqua Bootcamp: "It's not your Grandma's workout!" Challenge yourself to a high intensity workout in and out of the pool. Come prepared to work on the pool deck with your suit on for the quick change to a new liquid environment. You will not only work yourself on land, but in the water as well, using the liquid environment to challenge and change your body. Proper footwear and clothing for land exercises required as well as appropriate swim attire for pool portion. Meet near lap pool to begin class.

Aqua ZUMBA®\*: Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party", the Aqua ZUMBA program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Awareness through Water: A shallow water exercise that heightens your body awareness and improves balance and movement. Includes Ai Chi and the Feldenkrais Method which make movement easy. The class is great for injury recovery, arthritis, chronic pain or neurological conditions. Recommended for all ages, from athletes to seniors.

Club 60: This is a low impact water class designed for senior adults. Aqua chi as well as aqua yoga is incorporated into the class while concentrating on stretching, balance, and breathing. This is a great class for seniors who need arthritis exercises and enjoy being in the water!

Deep Water: Workout includes strength, endurance, range of motion and cardio exercises and stretching at the end of class. May also incorporate the use of flotation devices. A great workout for people who have joint problems.

Shallow Water: This is a one hour class held in the shallow end. It is a wonderful cardio experience which also includes strengthening, endurance and range of motion exercises and stretching at the end of class.

WATER In MOTION™: This is a low impact, high intensity total body workout that incorporates cardio, upper and lower body exercises, as well as core and flexibility work all set to fun music.

Water Pilates: This class appeals to a wide spectrum of ages and fitness levels. It include warmups, shallow water exercises, isometric wall exercises, suspended noodle exercises and stretches at the end of each class.