

# Aqua Fitness

**Sunday**

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

**Monday**

9:30 - 10:30 a.m.      Club 60      Pat Gregg  
 10:30 - 11:30 a.m.      Deep Water      Beth  
 7:30 - 8:30 p.m.      WATERinMOTION™      Beth

**Tuesday**

10:30 - 11:30 a.m.      Deep Water      Pat  
 7:05 - 8:05 p.m.      Deep Intervals      Shannon

**Wednesday**

9:30 - 10:30 a.m.      Club 60      Pat Gregg  
 10:30 - 11:30 a.m.      Deep Water      Dorothy  
 7:05 - 8:05 p.m.      Aqua ZUMBA      Cynthia



**CLASSES AND INSTRUCTORS ARE  
 SUBJECT TO CHANGE**

**Thursday**

10:30 - 11:30 a.m.      Deep Water      Pat  
 7:05 - 8:05 p.m.      Deep Water      Marta

**Friday**

9:30 - 10:30 a.m.      Club 60      Pat Gregg  
 9:30 - 10:30 a.m.      Deep Intervals      Beth  
 10:30 - 11:30 a.m.      WATERinMOTION™      Beth

**Saturday**

10:30 - 11:30 a.m.      WATERinMOTION™      Beth

**Ages  
 14 & Up**



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

**Effective 2/1/14**

# Aqua Fitness Class Description

**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.

**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 Intervals:** Through the use of flotation devices this workout uses intervals of work and rest to increase cardiovascular fitness and muscular strength. A challenging, calorie-burning workout for both new and seasoned exercisers.

**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.

**WATERinMOTION™:** 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.

