

# 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 - 8 p.m.      Deep Intervals      Beth

## Tuesday

7 - 8 p.m.      WATERinMOTION™      Beth

## Wednesday

9:30 - 10:30 a.m.      Club 60      Pat Gregg

10:30 - 11:30 a.m.      Deep Water      Beth

7 - 8 p.m.      Aqua ZUMBA      Cynthia



**CLASSES AND INSTRUCTORS ARE  
SUBJECT TO CHANGE**

**Ages  
14 & Up**

## Thursday

7:15 - 8 p.m.      Deep Intervals      Beth

## 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

\*All classes are held in the outdoor family pool through Sept 13

# 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.

