

Aqua Fitness

Sunday

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

Monday

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

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

7:00-8:00 p.m. Deep Water Marta

Tuesday

7:00-8:00 p.m. Deep Water Jeannie

Wednesday

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

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

7:00-8:00 p.m. Aqua Zumba® Cynthia



**CLASSES AND INSTRUCTORS
ARE SUBJECT TO CHANGE**

*Ages 14 years & Up
encouraged to participate*

Thursday

7:00-8:00 p.m. Water in Motion™ Beth

Friday

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

9:30-10:30 a.m. Deep Intervals Beth

10:30-11:30 a.m. Water in Motion™ Beth

Saturday

10:30-11:30 a.m. Water in Motion™ Beth

**For more Information call
Johnny Kimberlin at 238-2742**

Effective 6/1/16



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 a workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

CLUB 60: This low-impact class is 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 all who need arthritis exercises and enjoy 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 and calorie-burning workout for both new and seasoned exercisers.

DEEP WATER: Flotation devices are utilized for this no-impact workout. A great place for exercisers with joint issues, participants work in a suspended environment. The workout includes cardio-conditioning along with strength and stretching.

WATER IN MOTION™: This is a low-impact, high intensity, total-body workout in the water. Set to great music and fun moves, participants focus on cardio-conditioning, strength training plus flexibility in the pool.