

Aqua Fitness

Sunday

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

9:30-10:30 a.m.	Club 60	Pat G.
10:30-11:30 a.m.	Deep Water	Beth
7:30-8:30 p.m.	Aqua Bootcamp*	Beth

Tuesday

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

9:30-10:30 a.m.	Club 60	Jeannie
10:30-11:30 a.m.	Deep Water	Jeannie
7:30-8:30 p.m.	Aqua Yoga*	Mimi
8:45-9:45 p.m.	Aqua Yoga*	Mimi



**CLASSES AND INSTRUCTORS
ARE SUBJECT TO CHANGE**

***Ages 14 years & Up
encouraged to participate***

*Indicates that the class has a fee
associated with participation.

Thursday

7:00-8:00 p.m.	Water in Motion™	Beth
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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
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**For more Information call
Johnny Kimberlin at 238-2742**

Effective 1/1/17



Aqua Fitness Class Description

AQUA BOOTCAMP: This is not your Grandmother's workout. Combine wall exercises, buoyancy equipment, lap swimming and high intensity aqua fitness moves to challenge the heart, burn calories and improve your fitness level. Using timed intervals, get ready for a challenging water workout.

AQUA YOGA: Are you ready to take your yoga practice to the next level? In this class, participants use stand-up paddle boards in the pool to develop core strength and muscle integration for better balance.

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.