

# 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 Intervals                Mandy

## Tuesday

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

## Wednesday

9:30-10:30 a.m.              Club 60                          Jeannie  
10:30-11:30 a.m.              Deep Water                      Jeannie  
7-8 p.m.                          Aqua Zumba                      Cynthia



**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

## 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 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. This is a Specialty Class and has an additional fee to participate.

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. This is a Specialty Class and has an additional fee to participate.

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.