



Yarmuth Family Aquatics Center

AQUA FITNESS

| | TIME | CLASS | INSTRUCTOR |
|-----|-------------------------|----------------|------------|
| MON | 9:30 a.m. - 10:30 a.m. | Club 60 | Linda C. |
| | 10:30 a.m. - 11:30 a.m. | Deep Intervals | Laure S. |
| | 7:00 p.m. - 8:00 p.m. | Water Blast | Susan L. |

| | TIME | CLASS | INSTRUCTOR |
|-----|-------------------------|------------|------------|
| TUE | 9:30 a.m. - 10:30 a.m. | Club 60 | Linda C. |
| | 10:30 a.m. - 11:30 a.m. | Aqua Barre | Linda C. |
| | 7:00 p.m. - 8:00 p.m. | Deep Water | Jeannie R. |

| | TIME | CLASS | INSTRUCTOR |
|-----|-------------------------|-------------|------------|
| WED | 9:30 a.m. - 10:30 a.m. | Club 60 | Jeannie R. |
| | 10:30 a.m. - 11:30 a.m. | Deep Water | Jeannie R. |
| | 7:00 p.m. - 8:00 p.m. | Water Blast | Susan L. |

| | TIME | CLASS | INSTRUCTOR |
|-----|-----------------------|----------------|-------------------|
| THU | 6:00 p.m. - 7:00 p.m. | Deep Intervals | Susan L. |
| | 7:00 p.m. - 8:00 p.m. | Aqua Boot Camp | Jennifer Embry I. |

| | TIME | CLASS | INSTRUCTOR |
|-----|-------------------------|------------|------------|
| FRI | 9:30 a.m. - 10:30 a.m. | Club 60 | Pam W. |
| | 10:30 a.m. - 11:30 a.m. | Deep Water | Jeannie R. |

| | TIME | CLASS | INSTRUCTOR |
|-----|------------------------|----------------|-------------------|
| SAT | 8:30 a.m. - 9:30 a.m. | Deep Intervals | Laura S. |
| | 9:30 a.m. - 10:30 a.m. | Water Blast | Jennifer Embry I. |

| | TIME | CLASS | INSTRUCTOR |
|-----|------------------------|------------|------------|
| SUN | 9:30 a.m. - 10:30 a.m. | Deep Water | Staff |

***ALL CLASSES ARE HELD IN THE INDOOR POOL AND REQUIRE A RESERVATION**



Trager
Family
JCC

Yarmuth Family
Aquatics Center

AQUA FITNESS

Aqua Barre

This class takes traditional ballet movements and adapts them for use in the water. There will be a focus on strengthening arms, legs and core through the use of equipment and with the built-in resistance from the water.

Aqua Bootcamp

This is not your grandma's workout. Combine wall exercises, buoyancy equipment, lap swimming and high intensity aqua fitness moves to challenge the heart. Get ready for a challenging calorie burning water workout.

Club 60

This class utilizes movements with standing and floor exercises. Stay fit with low impact aerobics, strength and conditioning utilizing a variety of equipment, followed by a gentle stretch section. Perfect for those who want to keep moving with low impact options.

Deep Intervals

Through the use of a flotation belt, this workout uses intervals of work and rest to increase cardiovascular fitness and muscular strength. This class focuses on burning calories and improving your fitness level using timed intervals. It is a challenging workout for both new and seasoned exercisers.

Deep Water

Through the use of a flotation belt, this workout includes strength, endurance, range of motion, cardio exercises, and stretching at the end of class. The instructor may also incorporate the use of flotation devices for added strength training. A great workout for people who have joint problems.

Water Blast

This is a high-energy shallow water aqua fitness class designed to blast the calories and crank up the metabolism. Through the use of cardio and strength movements, you can achieve these movements without the strain and classes may cause on your body.

***ALL CLASSES ARE HELD IN THE INDOOR POOL AND REQUIRE A RESERVATION**