



Aquatic Fitness Schedule

January - March 2021

Lap Pool Tank Special* Potential

1/04/2021

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM			Hydro Circuit Kathy 6:00-6:45am 8		Hydro Circuit Marie 6:00-6:45am 8		
6:30 AM							
7:00 AM	Hydro Circuit Kathy/Marie 7:00-7:45am 10			Hydro Circuit Kathy 7:00-7:45am 8			Hydro Circuit Kathy/Marie 7:00-7:45am 8
7:30 AM							
8:00 AM	Aqua Blast Judy/Marie 8:00-8:45am 10	Deep Water Dynamics Kathy 8:00-8:45am 8	Aqua Spin - The Adventure Kathy 8:00-8:45am 5	Aqua Blast Kathy 8:00-8:45am 8	Aqua Spin & Tone Marie 8:00-8:45am 5	Hydro Circuit Marie 8:00-8:45am 8	
8:30 AM							
9:00 AM	Aqua Spin Judy/Marie 9:00-9:45am 5	Hydro Fit Marie 9:00-9:45am 8	Aqua Zumba Jennifer 9:00-9:45am 8	Deep Water Dynamics Marie 9:00-9:45am 8	Aqua Zumba Jennifer 9:00-9:45am 8	Aqua Spin & Strength Marie 9:00-9:45am 5	
9:30 AM							
10:00 AM		Aqua Spin & Strength Marie 10:00-10:45am 5	BOGA Fit* Maria 10:00-10:45am 6	Strength, Balance & Stretch Marie 10:00-10:45am 8	BOGA Fit* Maria 10:00-10:45am 6	Depth Charge! Daphne 10:00-10:45am 8	
10:30 AM							
11:00 AM		Senior - Keep it Movin', Baby! Daphne 11:00am-11:45am 8	BOGA Yoga* Maria 11:00-11:45am 6	Senior - Keep it Movin', Baby! Daphne 11:00-11:45am 8	BOGA Yoga* Maria 11:00-11:45am 6	Senior - Keep it Movin', Baby! Daphne 11:00-11:45am 8	
11:30 AM							
12:00 PM			Aqua Spin & Tone Marie 12:15-1:00pm 5		Aqua Spin & Tone Marie 12:15-1:00pm 5		
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	More weekend and evening classes starting April 2021						
4:00 PM							
4:30 PM	*Additional fees apply for Special Classes, first 2 weeks FREE demo classes.						
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							

Until our scheduling app is up and running, please register for classes by calling or visiting the Customer Service Desk. (614) 545-3483

We encourage you to only schedule for 3 classes a week until we increase our class offerings in April.

Class descriptions other side. →

Aquatic Fitness Class Descriptions

AQUA BLAST PUMP & POWER

Come prepared to feel the burn! We will do low and high impact exercises and cardio intervals to get your heart rate up and burn those calories! Core building exercises are always included. This class combines the benefits of aerobic conditioning with resistance training through the use of the water's natural properties. Water shoes are highly recommended. Instructor will cater to all levels of fitness.

AQUA DRILLS

The class is designed to work your entire body: includes cardio training, as well as strength, and flexibility segments. This class can be as challenging as you wish to make it. Instructor will cater to all levels of fitness.

AQUA SPIN & TONE

A fun total body workout that offers the same spin training intensity with added support of water and no impact on the joints. The class will combine spinning and strength training. Instructor will cater to all levels of fitness.

AQUA SPIN: THE ADVENTURE

Take the adventure to improve your overall health! Aqua Spinning is a fun effective way to exercise in water without excessive strain on bones, joints and muscles, as exercising on land can do. For this reason this program suits any physical condition, whether you're in your youth or in your golden years, fit, rehabbing or wanting to shed some pounds. Instructor will cater to all levels of fitness.

AQUA SPIN & STRENGTH

Get ready to ride the waves to a stronger body! You will improve your overall strength and stamina with every class you take. The class will utilize a variety of resistance equipment. Instructor will cater to all levels of fitness.

AQUA ZUMBA®

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. Instructor will cater to all levels of fitness.

BOGA FIT

Boga Fit is a class on a Boga FITMAT that floats on top of the water and allows you to get a full body workout on an unstable surface. The workout combines cardio and strength training exercises. Fun and challenging, but easy on the joints! Instructor will cater to all levels of fitness.

BOGA YOGA

Boga Yoga is a yoga class on a Boga FITMAT that floats on top of the water. The ultimate challenge for yoga participants of all fitness levels. Take your yoga practice to the next level! Instructor will cater to all levels of fitness.

DEEP WATER DYNAMICS

Let's get to the core of it ALL! This deep water workout is great for strengthening your core and overall stamina. We use water belts for buoyancy and utilize hand buoys to increase upper body strength. Instructor will cater to all levels of fitness.

DEPTH CHARGE

This deep water class will provide participants with a low impact, high cardio and core strength building exercise experience. Special emphasis will be on proper body alignment and breath. Instructor will cater to all levels of fitness.

HYDRO CIRCUIT

A two-level class, the Warriors (beginners) and Ninjas (advanced) move around a circuit designed to work out all the major muscle groups using Speedo sculpt plates & grippers, kettle bells and your own body weight. Get ready to improve your strength and increase your endurance. Instructor will cater to all levels of fitness.

HYDRO FIT

A great aerobic workout that includes resistance training, cardio drills and stretching We will use buoyant and resistive equipment. Instructor will cater to all levels of fitness.

KEEP IT MOVIN', BABY! Senior Fitness

This class will help to improve balance, core strength, and muscle strengthening of major muscle groups while developing good posture, support joint integrity, and improve overall cardiovascular fitness. Participants can expect that exercises will assist in the development of enhanced stabilization muscles that are important elements for balance and maintaining activities of daily living. Class will be held in shallow end. Instructor will cater to all levels of fitness.

STRENGTH, BALANCE AND STRETCH

This class is for everyone who wants greater flexibility! First we'll start with aqua walking warm-up, followed by a deep stretch of all the major muscle groups. We'll use yoga and pilates moves to work on balance and to connect the brain to how we move. Our core is the center of our strength, so naturally we work on it as well. You will leave feeling relaxed and energized. Water shoes are highly recommended. Instructor will cater to all levels of fitness.