



# Aquatic Fitness Schedule

June - August 2021

Lap Pool

Tank

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		<b>Aqua Yoga</b> Jenni 6:00-6:45am 8	<b>Hydro Circuit</b> Kathy 6:00-6:45am 10	<b>Deep Water Dynamics</b> Jenni 6:00-6:45am 10	<b>Hydro Circuit</b> Marie 6:00-6:45am 10	<b>Deep Water Dynamics</b> Jenni 6:00-6:45am 10	
6:30 AM							
7:00 AM	<b>Aqua Bootcamp</b> Kathy/Marie 7:00-7:45am 10	<b>Aqua Bootcamp</b> Marie 7:00-7:45am 10		<b>Hydro Circuit</b> Kathy 7:00-7:45am 10	<b>Deep Water Dynamics</b> Marie 7:00-7:45am 10	<b>Aqua Bootcamp</b> Marie 7:00-7:45am 10	<b>Hydro Circuit</b> Kathy/Marie 7:00-7:45am 10
7:30 AM							
8:00 AM	<b>Aqua Blast</b> Judy/Marie 8:00-8:45am 12	<b>Deep Water Dynamics</b> Marie 8:00-8:45am 10		<b>Aqua Blast</b> Kathy 8:00-8:45am 12		<b>Hydro Circuit</b> Marie 8:00-8:45am 12	<b>Aqua Spin &amp; Tone</b> Kathy/Marie 8:00-8:45am 12
8:30 AM							
9:00 AM	<b>Aqua Spin &amp; Strength</b> Marie/Judy 9:00-9:45am 12	<b>Aqua Blast</b> Kathy 9:00-9:45am 12	<b>Aqua Zumba</b> Tracey 9:00 - 9:45am 12	<b>Deep Water Dynamics</b> Marie 9:00-9:45am 12	<b>Aqua Zumba</b> Tracey 9:00 - 9:45am 12	<b>Aqua Spin &amp; Strength</b> Marie 9:00-9:45am 12	<b>Hydro Power Jam</b> Wendy 9:00-9:45am 12
9:30 AM							
10:00 AM	<b>Hydro Variety</b> Wendy 10:00-10:45am 12	<b>Aqua Spin &amp; Strength</b> Wendy 10:00-10:45am 12	<b>Cardio Blast</b> Maria 10:00-10:45am 12	<b>Aqua Spin &amp; Strength</b> Marie 10:00-10:45am 12	<b>Aqua Zumba</b> Jennifer 10:00-10:45am 12	<b>Depth Charge</b> Daphne 10:00-10:45am 10	
10:30 AM							
11:00 AM		<b>Deep Water Dynamics</b> Wendy 11:00-11:45am 12	<b>Aqua Spin &amp; Tone</b> Maria 11:00-11:45am 12	<b>Depth Charge</b> Daphne 11:00-11:45am 12	<b>Aqua Spin &amp; Tone</b> Maria 11:00-11:45am 12	<b>Keep it Movin', Baby!</b> Daphne 11:00-11:45am 10	
11:30 PM							
12:00 PM		<b>Keep it Movin', Baby!</b> Daphne 12:00-12:45am 10		<b>Keep it Movin', Baby!</b> Daphne 12:00-12:45am 10			
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM			<b>Cardio Fusion</b> Tracy 5:45-6:30pm 12		<b>Aqua Dance</b> Jenni 5:45-6:30pm 12		
6:00 PM							
6:30 PM		<b>Aqua Zumba</b> Cindy 6:45-7:30pm 12	<b>Cardio Fusion</b> Tracy 6:45-7:30pm 12	<b>Deep Water Dynamics</b> Judy 6:45-7:30pm 12	<b>Cardio Blast</b> Jenni 6:45-7:30pm 12		
7:00 PM							
7:30 PM							

Class Descriptions

\*When the same class is offered back to back you may only sign up for one.  
If the class does not fill 8 hours before the class you may sign up . You may also join the class just prior to it beginning if space permits.

## **AQUA BLAST, PUMP & POWER**

Come prepared to feel the burn! We'll 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 BOOTCAMP**

A great cross training workout that includes resistance training, cardio drills and stretching in the pool and on the deck. We will use buoyant, resistive and kettle bell equipment. Instructor will cater to all levels of fitness.

## **AQUA DANCE**

Get your groove on and work out at the same time! A lively class that will make you forget you're exercising. Designed to get your heart rate up and burn those calories. It's a party every Thursday night! All fitness levels. The instructor will provide modifications if needed.

## **AQUA YOGA**

Enliven your body by challenging your balance, strength and flexibility in this slow flowing and stretching class. We use noodles and water as a natural prop to help the body balance and relieve joint and muscle pain as we move through the waves.

## **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. Instructors will cater to all levels of fitness.

## **AQUA SPIN THE ADVENTURE**

Take the adventure to improve your overall health! Aqua Spinning is an effective and fun way to exercise in water, without excessive strain on bones, joints and muscles, as exercising on land can do. Whether you're in your youth or in your golden years, fit, rehabbing or wanting to shed some pounds this is the class for you. 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 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.

## **CARDIO BLAST**

This class is boot camp style! It will get the heart-rate up a tuner of times throughout the class and give you a full boy workout. I will leave you feeling energized and ready for the rest of the day! Instructor will cater to all levels of fitness.

## **CARDIO & CORE**

A blend of Cardio Fusion and Core Strength. We'll start with getting your heart-rate up with some cardio moves, then focus on core body strength and tone. Buoyancy dumbbells and other resistance equipment will be used. Instructor will cater to all levels of fitness.

## **CARDIO FUSION**

An energetic, cardio class set to music. We'll do low to high impact moves and use buoyancy dumbbells to add resistance throughout the workout. You'll get your heart-rate pumping along with the music, plus get a lot of steps in! Instructor will cater to all levels of fitness.

## **DEEP WATER DYNAMICS**

Let' get to the core of it ALL! This deep-water workout is great for strengthening your core and over all 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 POWER JAM**

A high energy aqua workout that is never the same and physically challenging, but leaves you energized to take on a busy day! A low impact, high intensity water aerobics class focusing primarily on cardio and strength. Class is 45 minutes in length and suitable for beginners to advanced participants as exercises can be modified to fit a range of fitness levels.

## **HYDRO VARIETY**

Fast-paced cardio moves set to music along with exercises to improve balance and strengthen muscles in the shallow and deep ends of the pool. Participants will use hand buoys, pool noodles, and aqua belts for a full body workout. Class is 45 minutes in length and suitable for beginners to advanced participants as exercises can be modified to fit a range of fitness levels.

## **KEEP IT MOVIN', BABY!**

This class will help to improve balance, core strength, and muscle toning/strengthening of major muscle groups while developing good posture, support joint integrity, and will improve overall cardiovascular fitness. Class will be held in shallow end. Instructor will cater to all levels of fitness.