



# AQUATIC FITNESS SCHEDULE

September 7 to December 31 2021

Lap Pool	Tank
New/Time Change	New

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Aqua Yoga Jenni 6:00-6:45am 10	Hydro Circuit Kathy 6:00-6:45am 10	Deep Cardio & Tone Jenni 6:00-6:45am 10	Hydro Circuit Marie 6:00-6:45am 10	Deep Cardio & Tone Jenni 6:00-6:45am 10	
6:30 AM							
7:00 AM	Aqua Bootcamp Kathy/Marie 7:00-7:45am 10	Aqua Bootcamp Marie 7:00-7:45am 10	Deep Cardio & Tone Kathy 7:00-7:45am 10	Hydro Circuit Marie 7:00-7:45am 10	Deep Cardio & Tone Marie 7:00-7:45am 10	Aqua Bootcamp Marie 7:00-7:45am 10	Hydro Circuit Kathy/Marie 7:00-7:45am 10
7:30 AM							
8:00 AM	Cardio Blast Donna/Marie 8:00-8:45am 12	Deep Cardio & Tone Marie 8:00-8:45am 10		Cardio Blast Marie 8:00-8:45am 12		Hydro Circuit Marie 8:00-8:45am 10	
8:30 AM							
9:00 AM	Spin+Strengthen +Tone Wendy/Marie 9:00-9:45am 11	Cardio Blast Kathy 9:00-9:45am 12	Aqua Zumba@ Tracey 9:00 - 9:45am 12	Deep Cardio & Tone Kathy 9:00-9:45am 12	Aqua Zumba@ * Tracey 9:00 - 9:45am 12	Spin+Strengthen +Tone Marie 9:00-9:45am 11	Spin+Strengthen +Tone Wendy/Marie 9:00-9:45am 11
9:30 AM							
10:00 AM	Cardio+Tone Wendy 10:00-10:45am 12	Spin+Strengthen +Tone Wendy 10:00-10:45am 11	Cardio Blast Maria 10:00-10:45am 12	Spin+Strengthen +Tone Kathy 10:00-10:45am 11	Aqua Zumba@ * Jennifer 10:00-10:45am 12	Depth Charge Daphne 10:00-10:45am 10	Power Jam Mix Wendy 10:00-10:45am 12
10:30 AM							
10:00 AM						Spin+Strengthen +Tone Marie 10:00-10:45am 11	
10:30 AM							
11:00 AM		Keep it Movin' Daphne 11:00-11:45am 10	Spin+Strengthen +Tone Maria 11:00-11:45am 11	Keep it Movin' Daphne 11:00-11:45am 10	Spin+Strengthen +Tone Maria 11:00-11:45am 11	Keep it Movin' Daphne 11:00-11:45am 10	
11:30 AM							
12:00 PM		Aqua Zumba@ Jennifer 12:00-12:45pm 12		Aqua Zumba@ Jennifer 12:00-12:45pm 12			
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		TNT (Tabata'n'Tone) Jenni 5:45-6:30pm 12	Cardio Fusion Tracy 5:45-6:30pm 12	Pop-up Classes through October Check App. 5:45-6:30pm 12	Aqua Dance Jenni 5:45-6:30pm 12		
6:00 PM							
6:30 PM		Aqua Dance Jenni 6:45-7:30pm 12	Cardio Fusion Tracy 6:45-7:30pm 12	Pop-up Classes through October Check App. 6:45-7:30pm 12	Cardio Blast Jenni 6:45-7:30pm 12		
6:30 PM							
7:00 PM							
7:30 PM							

[Class Descriptions](#)

09/17/21

## We are happy you have chosen Aquatic Adventures choice for your Aquatic Fitness!

### What you need to know...

- Wear a comfortable supportive bathing suit. **Water shoes are high recommended for all classes, water socks for Spin classes.**
- New members should arrive 15 minutes prior to class and check-in with the instructor. We will ask if you have any limitations and help you with any modifications throughout the class.
- AAO has locker rooms with showers. Please bring your own towel and lock or you may keep your belongings on one of the benches on the pool deck.
- Our mobile app makes it easy to schedule and cancel classes. You can sign up as early as two weeks prior to the class. Many classes book up quickly and a few have a waitlist. If you need to cancel please do so **8 hours before the class** starts. If arriving later than 10 minutes, you will be charged a **\$20 service fee**.
- When the same class is offered back-to-back you may only sign up for one. If the class is not full 8 hours before the class, you may sign up. You may also join the class just prior to it beginning if space permits.
- Be sure to allow for push notifications in your profile settings on the mobile app. We will then be able to notify you if there is an opening in the class you are waitlisted. You can then accept or deny the spot.
- Please do not join a class any later than 10 minutes after the class has started.

**Unlimited Classes Monthly \$ 65 - Unlimited Classes & Lap Swim Monthly \$ 85.00**

Aquatic Adventures Ohio, 3940 Lyman Drive, Hilliard Ohio, 43026  
614.545.3483 AquaticAdventuresOhio.com

# AAO Aquatic Fitness Class Descriptions

## Aqua Bootcamp

This is a HIIT, high intensity Interval training, workout program. We'll run through stations that include swimming, medicine balls, kettlebells, platforms, exercise bands, as well as other water sport equipment. You will build a strong foundation of strength using high aerobic training while burning calories and improving cardiovascular health and overall 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 plus get a lot of steps in!

## Keep It Movin'

Access better posture, build joint integrity and overall cardiovascular fitness as you intentionally sweep your body through the water. Choose to move to open up new doors... to improve balance, core strength and tone muscle groups. Class will be held in the shallow end.



## Aqua Dance

Get your groove on and work out at the same time! A lively class that will make you forget you're exercising. Shimmy and shake your cares and calories away.

## Cardio+Tone

Get your heart rate pumping and get your steps in as well in this energetic cardio class set to music. We'll do low to high impact moves and use some resistance equipment to tone up our bodies.

## Power Jam Mix

Shake up your routine with this high energy full-body mash-up of cardio and toning that is never the same but physically challenging. Be open to whatever may be thrown your way. The class will be shallow and deep (with a flotation belt or noodle) and utilize various equipment.



## Aqua Yoga

Enliven your body by working 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. Class will be held in the shallow section and we end floating.

## Deep Cardio & Tone

You will strengthen your core and overall stamina while in the deep water. Get your heart-rate pumping and get your steps in as well in this energetic cardio class set to music. We'll do low to high impact moves and use some resistance equipment to tone up our bodies. We use water belts for buoyancy.

## Spin+Strengthen+Tone

Set your own pace to cardiovascular health as you ride the waves to a stronger body. Experience the joy of the same spin training intensity on the land but with the added support of the water and without excessive strain on bones, joints, and muscles! Toning is added to make sure the whole body is reached.

## 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.

## 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.

## TNT (Tabata'n'Tone)

It's Dynamite! Rev up your metabolism with rounds of short bursts of intense exercises with brief recovery time between them. Tabata is known for eliciting effective results. Class rounds out with toning and stretching. Be prepared to work hard and reap the benefits!



## Cardio Blast

Come prepared to feel the burn! Low and high-impact exercises and cardio intervals 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 using the water's natural properties. Feel energized and proud after this powerful heart-pumping class designed to help melt off the pounds and increase stamina. Go Go Go... Your heart will thank you!

## Hydro Circuit

Get ready to love the new stronger you with impressive endurance. You'll never get bored in this two-level class. Warriors (beginners) and Ninjas (advanced) move around a circuit designed to work out all the major muscle groups using Speedo sculpts plates, kettlebells, and your own body weight.

- All fitness levels are welcome to all classes. Instructors will give modifications if needed.
- Please inform your instructor of any injuries and/or surgeries you may be recovering from.
- Water shoes are highly recommended.
- Please arrive 10 minutes prior to class.



**Join us for a new adventure in Aquatic Fitness!**

Follow us on

08/26/21

**Aquatic Adventures** is conveniently located at I-270 and Cemetery Road  
3940 Lyman Drive, Hilliard, Ohio 43026 614.545.3483 [AquaticAdventuresOhio.com](http://AquaticAdventuresOhio.com)