



# AQUATIC FITNESS WINTER SCHEDULE

December 1, 2021 to March 31, 2022

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		Hydro Circuit Marie 6:00-6:45am 10	Deep Cardio & Tone Jenni 6:00-6:45am 12	
6:30 AM							
7:00 AM			Deep Cardio & Tone Kathy 7:00-7:45am 10		Aqua Bootcamp Marie 7:00-7:45am 10		
7:30 AM							
8:00 AM		Deep Cardio & Tone Kathy/Marie 8:00-8:45am 10		Cardio Blast Marie /Kathy 8:00-8:45am 12			
8:30 AM							
9:00 AM	Spin+Strengthen +Tone Wendy/Marie 9:00-9:45am 11	Cardio Blast Kathy/Marie 9:00-9:45am 12	Aqua Zumba@ Tracey 9:00-9:45am 12	Deep Cardio & Tone Marie/Kathy 9:00-9:45am 14	Cardio Blast Kathy 9:00-9:45am 12	Spin+Strengthen +Tone Marie 9:00-9:45am 11	Cardio+Tone Wendy 9:00-9:45am 12
9:30 AM							
10:00 AM	Cardio+Tone Wendy/Marie 10:00-10:45am 12	Spin+Strengthen +Tone Wendy 10:00-10:45am 11	Cardio Blast Maria 10:00-10:45am 16	Aqua Zumba@ Jennifer 10:00-10:45pm 12	Aqua Zumba@ * Jennifer 10:00-10:45am 12	Deep Cardio & Tone Marie 10:00-10:45am 10	Power Jam Mix Wendy 10:00-10:45am 12
10:30 AM		Strength, Balance & Stretch Kathy 10:00-10:45am 10					
10:00 AM							
10:30 AM							
11:00 AM			Spin+Strengthen +Tone Maria 11:00-11:45am 11		Spin+Strengthen +Tone Maria 11:00-11:45am 11		
11:30 PM							
12:00 PM							
5:00 PM							
5:30 PM		TNT (Tabata'n'Tone) Jenni 5:45-6:30pm 16	Cardio Fusion Tracy 5:45-6:30pm 12		Cardio Blast Donna 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		Boot Camp Donna 6:45-7:30pm 12		
7:00 PM							Class Descriptions →
7:30 PM							

## 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 still 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. Failure to do so or being absent from class will result in loss of class and no refund.**
- 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.
- Be sure to ask an instructor about our VIP Referral Program.

11/19/21

# 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 cardio 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!



## 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 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.



## 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.

## Strength, Balance & Stretch

Improve balance, core strength, and muscle strengthening of major muscle groups while developing good posture, support joint integrity, and improve overall cardiovascular fitness. You will leave feeling relaxed and energized. Class will be in the shallow end of the warm Dive pool.

## 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.

## 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.

## 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. 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!

## 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.

- 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.