

# AQUA FITNESS SCHEDULE

July 5, 2024 - August 18, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM	8:00am-8:50am Aqua Sculpt Gerry 3 Lanes	8:00am-8:50am Aqua Mixx Gerry 3 Lanes	8:00am-8:50am Aqua Strength Alx 3 Lanes	8:00am-8:50am Aqua Mixx Gerry 3 Lanes	8:00am-8:50am Aqua Tai Chi & QiGong Joaquin 3 Lanes		
9:00 AM	9:00am-9:45am Aqua Yoga Amanda 3 Lanes	9:00am-9:50am Aqua Mixx Alx 4 Lanes	9:00am-9:50am Deep Water Walking Plus Marjorie 3 Lanes	9:00am-9:50am Aqua Dynamics Kathleen 3 Lanes	9:00am-9:45am Aqua Yoga Amanda 3 Lanes	9:00am-9:50am Aqua Bootcamp Gerry 3 Lanes	9:00am-9:50am Aqua Zumba Chris 3 Lanes
10:00 AM	10:00am-11:00am Aqua Jam Kathleen All Lanes	10:00am-10:50am "Be Fit" Aqua Pam 2 Lanes	10:00am-11:00am Aqua Jam Kathleen All Lanes	10:00am-10:50am "Be Fit" Aqua Sherry 2 Lanes	10:00am-11:00am Aqua Jam Kathleen All Lanes		
11:30 AM	11:15am-12pm Deep Water Walking Plus Marjorie 3 Lanes						

\*Lap swimmers must vacate the lap lanes 5 minutes prior to the beginning of the class.





# AQUA FITNESS COURSE DESCRIPTIONS



## CLASSES

AQUA MIXX	AQUA YOGA	AQUA BLAST	AQUA JAM	BE FIT AQUA	AQUA STRENGTH AND TONE
<p>This class consists of Cardio drills mixed with strength training moves. Cardio moves are a combination of low and high impact and modifications are shown if necessary. In between the cardio drills, strength training moves will be incorporated. Fast paced and covers all the bases</p>	<p>Experience poses and postures in this all-level yoga class while being buoyant in the water.</p>	<p>A 1 hour workout using a variety of methos such as cardio and fuctional resistance using bouyancy equipment. It's cardiovascular, strength, and toning with core work!</p>	<p>A high-intensity water workout that includes strong cardio and full-body training with resistance equipment. All levels are welcome.</p>	<p>Join in the fun with this 50 min aqua workout. Low to non-impact aerobic workout with toning, strength, and balance segments utilizing buoyancy belts and noodles.</p>	<p>Full body workout in the comfort of water. Is combined with a low impact cardio. The strength training will include all the muscle groups and can be modified to adjust to any participant with an injury or an impingement. Excellent for building up ones muscle strength and working on weaker areas to make them stronger.</p>
AQUA SCULPT	DEEP WATER WALKING PLUS	AQUA ZUMBA	AQUA DYNAMICS	AQUA TAI CHI & QIGONG	
<p>A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular and muscular endurance with a program that is gentle on the joints</p>	<p>Half Shallow Half Deep! A fun non-stop class that is a great two-in-one workout! The first part of the class involves traditional shallow end cardio and strength with equipment. The second portion is a noodle or aquatic belt supported deep water workout that focuses on total body strength and core stabilization. A different challenging approach to aquatics.</p>	<p>Find your rhythm in our new Aqua Zumba® class! This combination of dance, aqua resistance, and low-impact cardio come together in a fun-filled pool party! All levels welcome.</p>	<p>Dive into the refreshing world of Aqua Dynamics, where you'll immerse yourself in a high-energy aquatic workout that combines cardio, strength training, and flexiblity exercises. Experience the flow of water as you move through dynamic routines designed to enhance your endurance, tone your muscles, and improve your overall fitness. Join us inthe pool and feel the power of Aqua Dynamics as you make a splash towards a healthier and happier you!</p>	<p>Dive into the serene and revitalizing world of Aqua Tai Chi &amp; Qigong, where the ancient practices of Tai Chi &amp; Qigong are harmoniously blended with the soothing properties of water. This low-impact class is designed to improve balance, flexibility, and overall well-being through a series of gentle flowing movements and controlled breathing techniques performed in a pool.</p>	