



GROUP FITNESS: AQUA

EFFECTIVE JUNE 24-AUGUST 23, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9:00 am PILATES H2O Amy WWP	10:00-10:45 am FIGHT BACK UH2O Kathy/Helen/Brenda WWP (Begins 7/31)	7:00-7:45 am DRILLS Deborah MP	10:00-10:45 am FUN & GAMES Brenda MP	8:15-9:00 am RIDE Deborah MP
9:15-10:00 am TABATA Carolyn MP	11:00-11:45 am PILATES PLUS Colleen WWP	8:15-9:00 am ALL TIED UP Deborah MP	11:00-11:45 am WATER WONDERS Kate WWP	9:15-10:00 am DWR Deborah MP
12:30-1:15 pm AFA-Arthritis Foundation Approved Kay WWP	11:00-11:45 am FLAPPERS Brenda MP	8:15-9:00 am PILATES H2O Elizabeth WWP	11:00-11:45 am JOINT EFFORT Colleen MP	12:30-1:15 pm AFA-Arthritis Foundation Approved Kay WWP
7:15-8:00 pm RESTORATIVE YOGA Kathie/Juan WWP	1:00-2:00 pm MS FIT \$ Ann Marie MP	9:15-10:00 am BARRE Jordan MP	1:00-2:00 pm MS FIT \$ Ann Marie MP	
	6:30-8:00 pm VOLLEYBALL WWP	12:30-1:15 pm ZEN WITH BREN Brenda WWP	6:30-8:00 pm VOLLEYBALL WWP	

MP=Main Pool WWP=Warm Water Pool

AQUA FITNESS CLASS DESCRIPTIONS

Shallow Water Classes

AFA-ARTHRITIS FOUNDATION APPROVED: A low impact workout designed to maintain and improve flexibility and range of motion for individuals affected by Arthritis.

BARRE: A toning class fusing ballet barre technique, Pilates and weight training. This class uses high repetitions to create long lean muscles and improve postures.

DRILLS: This format combines strength and cardio in shallow & deep water. Intermediate swimming skills and goggles are required.

FLAPPERS: This class will focus on upper body exercises. Hire a driver...you're going to need it to get home.

FUN & GAMES: A variety of pool games to get the heart pumping with a lot of fun thrown in!

PILATES: This class promises to strengthen your lower back and abs and increase overall flexibility.

PILATES PLUS: Pilates training plus a little stabilization, a little strength and a little cardio. Appropriate for all levels.

RESTORATIVE YOGA: Restorative yoga will provide support to open and relax joints, lengthen the spine into alignment and use the breath and movement to promote a meditative quality to the practice...candlelight & music too!

TABATA: An intense workout that is easy on the joints. Rounds of high-intensity exercise in a 20 seconds on, 10 seconds off sequence.

VOLLEYBALL: Spike and splash is back for the entire session. Get in shape and have some non-competitive fun. 18+

WATER WONDERS: Class uses the ancient practices of Yoga and Tai Chi in a soothing warm water environment. Relaxing stretches and gentle poses will improve balance and circulation-create flexibility and relieve stress.

ZEN WITH BREN-A relaxing and gentle mind/body experience.

Underwater Bike Class (Water shoes are required-Limited to 10 participants)

RIDE: Spinning in the water. Cardio levels run from moderate to high intensity, plus resistance work to sculpt the arms.

Deep Water Classes YOU DON'T NEED TO BE A SWIMMER, BUT MUST BE COMFORTABLE IN DEEP WATER

ALL TIED UP: A high intensity interval training workout. Participants will run, swim and stride while tethered to the pool wall.

JOINT EFFORT DEEP: A SUPER cardio and resistance workout with special emphasis on maintaining joint integrity.

DWR (Deep Water Running): Runners-why not subtract from all of that joint pounding roadway mileage that you are accruing each week? Deep water running is the perfect runner's companion providing sports specific training with off-loading of the joints.

\$ MS FIT (Multiple Sclerosis Fitness): Exercise is essential for overall well-being. Research has shown that exercise can also help manage symptoms of Multiple Sclerosis. These specialized programs focus on maintaining functional ability, improving balance, coordination, mobility, range of motion and combat fatigue.

\$ FIGHT BACK UH2O: Aquatic boxing class for people diagnosed with Parkinson's Disease. Work on balance & gait training without the fear of falling or injury.