

AQUAFIT DESCRIPTIONS

Aqua Therapy: Low to moderate intensity, low impact aquafit focusing on functional strength, balance and coordination. This class is great for rehabilitation.

Aqua Tone: Moderate intensity and impact aquafit focusing on cardiovascular fitness, muscular endurance, and conditioning.

Aqua Core: Moderate intensity and impact aquafit focusing on cardiovascular fitness and core stability.

Aqua Flex: Moderate intensity and impact aquafit focusing on cardiovascular fitness and flexibility.

Aqua Circuit: Moderate intensity, moderate impact workout in the deep and shallow ends using a variety of equipment to improve strength and cardiovascular fitness.

Aqua Deep: High intensity, low impact workouts using anaerobic intervals to maximize results. Class focuses on core conditioning and can utilize both deep and shallow water.

Aqua Fusion: High intensity, low impact, full body aquafit with cardiovascular training, muscular endurance and core conditioning.

Aqua Conditioning: High intensity, zero to high impact in deep and/or shallow water. Improve overall body conditioning with this fun and challenging workout in the pool that's guaranteed to make you sweat.

AQUAFIT SCHEDULE – JANUARY 2 - MARCH 31, 2019

No Class December 24-31, 2018. All drop-in classes are included with purchase of membership or day admission

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AQUA FUSION 7:00-7:45AM		AQUA CONDITIONING 7:00-7:45AM			
AQUA TONE 9:00-9:45AM 🧑🧑	MERMAID FIT* 9:00-9:45am 🧑🧑	AQUA CORE 9:00-9:45AM 🧑🧑		AQUA FLEX 9:00-9:45AM 🧑🧑	
AQUA TONE 10:00-10:45AM 🧑🧑	AQUA THERAPY 10:00-10:45AM 🧑🧑	AQUA CORE 10:00-10:45AM 🧑🧑	AQUA THERAPY 10:00-10:45AM 🧑🧑	AQUA FLEX 10:00-10:45AM 🧑🧑	AQUA TABATA* 1:00-1:45pm
	AQUA CIRCUIT 6:00-6:45PM		AQUA DEEP 6:00-6:45PM		

*Registered Programs see page 34 for more information