

# AQUA FITNESS

October - December, 2021



## AQUA FITNESS SCHEDULE

**\*NOTE** | All classes take place in the Teach Pool with the exception of Wednesday's Aqua Yoga class, which takes place in the Leisure Pool.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:05 AM - 8:50 AM	AQUA MILD		AQUA MILD		CARDIO CURRENT	
8:35 AM - 9:20 AM						AQUA CARDIO/ STRENGTH
9:05 AM - 9:50 AM	AQUA CARDIO/ STRENGTH	MAKING WAVES	AQUA CARDIO/ STRENGTH	CARDIO CURRENT	MAKING WAVES	
11:05 AM - 11:50 AM	WATER WELLNESS		AQUA YOGA*		WATER WELLNESS	
7:05 PM - 7:50 PM	AQUAFIT	AQUA-BATA	AQUA ZUMBA			

Starts  
October  
16!

**AQUA MILD** | A low intensity workout to enjoy some stretching and strengthening of muscles. This low impact water workout will improve muscle tone and overall posture.

**AQUA CARDIO/STRENGTH** | Condition and sculpt your body with combinations of cardiovascular and strength movements.

**CARDIO CURRENT** | Interval training in the water. Combining repetitions of high intensity work followed by periods of recovery.

**MAKING WAVES** | Mix it up in this energetic class, mixing intervals of strength and aerobic exercises.

**AQUAFIT** | A workout using water for resistance, toning muscles, and increasing endurance and flexibility.

**AQUA-BATA** | A Tabata inspired workout in the water. Tabata is high intensity interval training with 20 seconds of high intensity movements, followed by 10 seconds of rest. Get your heart rate up and challenge your body.

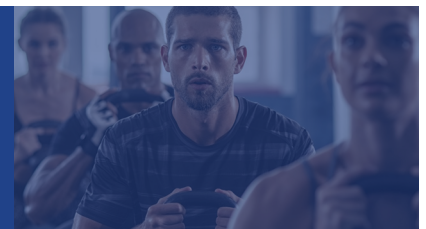
**AQUA ZUMBA** | A high energy dance-style workout in the pool to Latin music that uses water resistance to tone your muscles.

**WATER WELLNESS** | A combination of gentle yet effective water workout. Through stretching and lighter exercises this class will improve joint mobility, tone muscle and improve overall posture.

**AQUA YOGA** | This is a shallow water class that involves deep stretching and focuses on body alignment and breathing. Aqua Yoga is a class about stretching balance and core strength.



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