



## Water Fitness April 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Deep Water Aerobics/Bootcamp</b> 5:45-6:30 AM Kim S.	<b>Deep Water Toning</b> 6:00-6:45 AM Kim S.	<b>Deep Water Aerobics/Bootcamp</b> 5:45-6:30 AM Kim S.	<b>Deep Water Toning</b> 6:00-6:45 AM Kim S.	<b>Deep Water Aerobics/Bootcamp</b> 5:45-6:30 AM Kim S.	
	<b>Water Mobility</b> 6:30-7:15 AM Kim S.		<b>Water Mobility</b> 6:30-7:15 AM Kim S.		<b>Water Mobility</b> 6:30-7:15 AM Kim S.	
	<b>Water Mobility</b> 8:00-8:45 AM Suilon/Rae		<b>Water Mobility</b> 8:00-8:45 AM Suilon/Rae		<b>Water Mobility</b> 8:00-8:45 AM Suilon/Rae	
	<b>Aqua Cardio</b> 9:00-9:55 AM Joy	<b>Aqua Zumba®</b> 9:00-9:45 AM Maria	<b>Aqua Zumba/Aqua Toning</b> 9:00-10:00 AM Maria	<b>Aqua Cardio</b> 9:00-10:00 AM Joy	<b>Aqua Zumba</b> 9:00-9:55 AM Maria	
		<b>Water Stretch &amp; Tone</b> 10:00-11:00 Joy		<b>Water Stretch &amp; Tone</b> 10:00-11:00 AM Joy		
		<b>Deep Water Aerobics</b> 6:30-7:30 PM Elizabeth		<b>Aqua Bootcamp</b> 6:30-7:30 PM Elizabeth		

### Water Class Descriptions

**Water Mobility:** Water exercise designed for joint mobility and joint pain.

**Water Stretch & Tone:** A class designed to strengthen, stretch, and tone the whole body, making the muscles longer, leaner, as well as improving flexibility and balance.

**Water Works:** Cardio workout in the shallow end of the pool with toning and abs.

**Aqua Bootcamp:** This class is designed with a combination of strength and cardio intervals to give you that maximum caloric burn. Excellent way to tighten and tone the muscles while burning calories. Thursday classes include water volleyball.

**Aqua Zumba:** Zumba Fitness has taken the winning formula of Latin and international music beats for dance exercise and integrated them in a water-based workout. Aqua Zumba keeps the Zumba Fitness workout party going in the pool.

**Deep Water:** Water exercise in the deep end of the pool that gives you a great cardio and strength workout using the resistance and non-impact benefits of the water. Flotation belts are provided to add comfort and security to swimmers and non-swimmers.

**Aqua Cardio:** A high-intensity tabata-style workout consisting of 20 seconds of various exercises followed by 10 seconds of rest. Class also infuses Pilates-based exercises to strengthen the upper body, lower body, and abdominals.