



# Winter 2023 AQUA FITNESS CLASS SCHEDULE



## MONDAY

9:00 am - 9:45 am Aqua Stretch & Strength  
10:00 am - 10:45 am WaterWalking

## TUESDAY

9:00 am - 9:40 am Aqua Power  
9:45 am - 10:15 am Aqua Abs & Arms

## WEDNESDAY

9:00 am - 9:45 am Aqua Stride & Strength  
6:00 pm - 6:45 pm Aqua Muscle with Josh

## THURSDAY

9:00 am - 9:45 am Water Aerobics

## FRIDAY

9:00 am - 9:45 am Aqua Stride & Strength  
10:00 am - 10:45 am Water Aerobics



Adult Lap/Open Swim: 18+ and no lifeguard on duty.  
Water-Walkers: Please use non-lane areas when available.

### AQUA EXERCISE CLASSES (PRE-BOOKING IS NOT REQUIRED)

#### **Aqua Stretch and Strength: Monday 9:00 AM - 9:45 AM**

A low impact, 45-minute water class focused on stretching, blended with strength work to achieve a mild cardio workout. Wonderful for new exercisers or those wishing to work on balance, posture, and flexibility.

#### **WaterWalking: Mondays 10:00 AM - 10:45 AM**

This is an excellent cardiovascular and resistance training option. This class is designed for the participant to move through out the entire pool in different patterns that balance the body. The movements will strengthen and tone muscle groups in a gentle non load bearing aquatic atmosphere. Participants will have options to start slowly and gradually increase intensity.

#### **Aqua Power: Tuesdays 9:00 AM - 9:40**

Our most active and challenging water fitness class! This 40 minute class is geared towards participants with a high level of fitness in mind. A longer, moderate to high intensity cardio session followed by a challenging abdominal and strength training routine. Come ready to work out! (Who said water class was easy?!)

#### **Aqua Abs & Arms: Tuesdays 9:45 AM - 10:15 AM**

This 30-minute class focuses on increasing endurance and strength of the core and arm muscles. It is not a high impact class but it is highly intensive for those muscle groups. All fitness levels can benefit from these moves using the power of the water, buoyancy, and strength equipment.

#### **Aqua Stride and Strength: Wednesday & Friday 9:00 Am - 9:45 AM**

A low impact, 45-minute class using all water walking movements to achieve a mild cardio workout. Equipment may be used for a short time to increase strength. This class has a strength based focus. A short abdominal strengthening and stretching section will balance this workout.

#### **Water Aerobics: Thursday & Friday 9:00 AM - 9:45 AM, Friday 10:00 AM - 10:45 AM**

A 45-minute class combining low, moderate, and high level exercises and equipment to improve your cardiovascular system, muscular strength, core stability, and flexibility.

#### **Aqua Muscle with Josh: Wednesday 6:00 PM**

A weight room style class with focus given to muscular endurance with mild cardio intervals. This class is designed to target individual muscles within the full body. Use the water to gain Muscle!