

Pool Hours: Monday - Thursday 5:00 am - 9:30 pm, Friday 5:00 am - 8:30 pm, Saturday 8:00 am - 4:30 pm, Sunday 10:00 am - 4:30 pm

There is always at least one lap lane open for members to use during pool hours.

## WINTER Aqua Fitness Schedule

<i>TIME</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>6:00 AM</b>		Master's Swim* 60 minutes		Master's Swim* 60 minutes		
<b>8:45 AM</b>						
<b>9:00 AM</b>						
<b>9:15 AM</b>	Aqua Stride & Stength 45 minutes	Aqua Power 40 Minutes	Aqua Stride & Stength 45 minutes	Aqua Power 45 minutes	Aqua Stride & Strength 45 minutes	Water Aerobics 45 minutes
<b>10:00 AM</b>	Aqua Groove 45 minutes	Aqua Fit Circuit 45 minutes	Water Walking 45 minutes	Aqua Sculpt 30 minutes	Water Aerobics 45 minutes	
<b>6:00 PM</b>			Aqua Muscle 45 minutes			

**See page 2 for class Descriptions.**

\*Master Swim is a paid recurring service program that is billed on the 15th of each month. Members will receive 15% off the monthly rate and may attend unlimited classes each month. Drop in rate is \$15 plus tax per day.





# AQUA FITNESS CLASS DESCRIPTIONS

FREE WITH MEMBERSHIP - AQUA EXERCISE CLASSES   
(PRE-BOOKING IS NOT REQUIRED)

## **Aqua Stride and Strength: Monday, Wednesday & Friday 9:15 AM - 10:00 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.

## **Aqua Groove: Monday 10 AM - 10:45 AM**

Come dance in the pool with us! Aqua Groove is a 45 minutes Aqua dance class aimed to help improve balance and coordination. Every class is choreographed to music with each song targeting a different muscle group, which makes it the perfect full body workout.

## **Aqua Power: Tuesdays & Thursdays 9:15 AM - 10:00 AM**

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 Fit Circuit: Tuesdays 10:00 AM - 10:45 AM**

This class has a jogging circuit that will be introduced each session with training movements that help support and reinforce jogging in water. The reduced gravity will allow you to aqua jog with less impact. Resistance provides the extra cardio vascular challenge by running against the water current. A circuit style will incorporate extra training in each class. Come try Aqua Fit Circuit

## **Aqua Sculpt: Thursdays 10:00 AM- 10:30 AM**

Aqua Sculpt is a 30 minute equipment based format. This class uses foam noodles, bells, training bands, and water resistance to sculpt and create muscle strength and definition. Explore new possibilities your body can achieve.

## **Water Walking & Mobilization: Wednesdays 10:00 AM - 10:45 AM**

This is an excellent mobilization 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.

## **Water Aerobics: Friday 10:00 AM - 10:45 AM, Saturday 9:15 AM - 9:45 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: Wednesday 6:00 PM - 6:45 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!

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\* RECURRING SERVICE REQUIRED - Must set up monthly billing

## **Master's Swim Program: Tuesday & Thursday 6:00 AM - 7:00 AM**

18 years or older. Participants are provided the opportunity to enjoy the sport of swimming through workouts aimed at physical fitness, technique, or improving competition times. We will accommodate specific speeds to ensure proper growth within the water.

