

AQUATIC FITNESS CLASSES DESCRIPTIONS

Aquacise—Take advantage of the social as well as physical benefits of water aerobics. Aquacise is a good way to burn calories, improve your cardiovascular strength, and overall fitness. Regardless of your age or athletic ability, this is an excellent choice for most people, including accident recovery victims and those who are pregnant. Water provides 60% more resistance than on land and reduces stress on the joints by about 90%.

Hydrofit—A great toning and water-fitness class in deep water. This class includes muscle toning with the added benefit of water resistance, plus a great cardiovascular workout.

Aqua Cardio— If you want to burn calories, get a great cardiovascular workout, along with toning, building endurance and muscle strength, this is the class for you! Done mostly in chest deep water, along with cardio and abdominal workouts done in deeper water using flotation devices. No need to know how to swim. The use of hand weights, hydrofit barbells, noodles, boards and resistance bands adds to the complete body workout. And most of all, it's fun!

Power Walking— A quick 30 min. cardio workout, equal to a 2 hour walk on land. Alternating walking and jogging incorporates interval training. Various equipment is also used to build upper body strength and toning!

Aqua Muscle—This class is designed to work the muscles with water resistance, and class will meet in the shallow end of the pool. We will use the Hydrofit equipment, hand weights, and resistance bands, to work the different muscle groups. This class will also involve running, lunges and squats.

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER WALKING	5:20-6:00AM		5:20-6:00AM		5:20-6:00AM
AQUA MUSCLE		5:25-6:05AM		5:25-6:05AM	
AQUACISE	7:30-8:15AM	7:30-8:15AM	7:30-8:15AM	7:30-8:15AM	7:30-8:15AM
AQUACISE	8:15-9:00AM	8:15-9:00AM	8:15-9:00AM	8:15-9:00AM	8:15-9:00AM
POWER WALKING		5:00-5:30PM		5:00-5:30PM	
AQUA CARDIO		5:45-6:30PM		5:45-6:30PM	
AQUA CARDIO	6:00-6:45PM		6:00-6:45PM		
HYDROFIT	6:45-7:30PM		6:45-7:30PM		