

Updated 4/19/2012

AQUATIC FITNESS CLASS SCHEDULE

Monday (before 1 pm)

5:15-6:00 am Power Walking
7:30-8:15 am Anchor Down Power Up
8:15-9:00 am Aqua Zumba*
9:00-9:45 am Pump! H2O Style*
9:45-10:30 am A Whole Lotta Tabata*
10:30-11:00 am Aquacise*

Tuesday (before 1 pm)

5:15-6:00 am Aqua Muscle
7:30-8:15 am Aquacise
8:15-9:00 am A Whole Lotta Tabata*
9:00-9:45 am Aquacise*
10:00-10:45 am Aqua PC*

Wednesday (before 1 pm)

5:15-6:00 am Power Walking
7:30-8:15 am Anchor Down Power Up
8:15-9:00 am Aqua Zumba*
9:00-9:45 am Pump! H2O Style*
9:45-10:30 am A Whole Lotta Tabata*
10:30-11:00 am Aquacise*

Thursday (before 1 pm)

5:15-6:00 am Aqua Muscle
7:30-8:15 am Aquacise
8:15-9:00 am A Whole Lotta Tabata*
9:00-9:45 am Aquacise*
10:00-10:45 am Aqua PC*

Friday (before 1 pm)

5:15-6:00 am Power Walking
7:30-8:15 am Anchor Down Power Up
8:15-9:00 am Aqua Zumba*
9:00-9:45 am Pump! H2O Style*
9:45-10:30 am A Whole Lotta Tabata*
10:30-11:00 am Aquacise*

Saturday

9:30-10:15 am Pump! H2O Style*
10:15-11:00 am A Whole Lotta Tabata

Monday (after 1 pm)

6:00-6:45 pm Aqua Cardio*
6:45-7:30 pm Hydrofit*

Tuesday (after 1 pm)

4:30-5:15pm Aqua Zumba*
5:15-6:00pm A Whole Lotta Tabata*

Wednesday (after 1 pm)

6:00-6:45 pm Aqua Cardio*
6:45-7:30 pm Hydrofit*

Thursday (after 1 pm)

4:30-5:15pm Aqua Zumba*
5:15-6:00pm A Whole Lotta Tabata*

Friday (after 1 pm)

No classes

Sunday

No classes



All classes on schedule are FREE to members!

Must be 15 or older to attend Aquatic Fitness Classes.

The * indicates that Child Watch is available.

Summer Schedule starts May 29th.

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CLASS DESCRIPTIONS – AQUATICS

Anchored Down, Power Up

Explore aqua patterns through all five working positions to create endless choreography options. Anchor Down to the bottom of the pool and work your way to Power Up out of the pool. From seniors to athletes, this class will give you cardio challenges to meet the needs of all of your aquatic classes.

PUMP! H2O Style

Explore in depth, the true capabilities of resistance training in the water. Focus is on defining multiple exercises for all major muscle groups, building muscle combinations that work in the water, and implementing proper use of water properties. Take home two complete workouts that will help you rethink the way you plan your strength training class segments.

A Whole Lotta Tabata and More

Adapting interval protocols to the aquatic environment, this session introduces a variety of interval styles of intense training to pool. Carefully sequenced workouts that focus on cardio, power, strength and self-motivation, this session will challenge participants to push their aerobic and anaerobic systems. Tabatas, The Accumulator, and Ladders are just a sample of overall conditioning formats for your more intense, athletic, or boot camp style classes.

Aqua Zumba—NEW!

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Aquacise

This class is excellent for participants of all ages and fitness levels. In this class you will do exercises to work EVERY part of your body in a variety of ways. Using boards, weights, noodles, aqua gloves, resistance bands, and anything else the instructor can come up with you are sure to get a workout. Variations are given on most exercises to ensure the class can be utilized by EVERY person involved 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%.

Power Walking

A quick 30 minutes cardio workout that is equal to a 2 hour walk on land. This class incorporates walking and jogging intervals that are sure to test your fitness abilities. Various equipment is used to build upper body strength as well as toning. Class is done in shallow end of our pool.

Aqua Cardio

If you want to burn calories, get great cardio workouts, along with toning, building endurance, and muscle strength, this is the class for you! This class is done in chest deep water and provides a more intense spin to our more familiar Aquacise class. This class will utilize all equipment our aquatics facility has to offer.

Hydrofit

A great toning and water-fitness class done in deep water. This class includes muscle toning with the added benefit of water resistance; this class also provides a great cardiovascular workout. Participants MUST know how to swim to participate in this class.

Aqua PC

This class focuses on walking and joint movement. This class can help to improve muscle strength and balance, increase circulation, help maintain or improve joint flexibility and range of motion. Class is done in chest deep water so both swimmers and non-swimmers are able to participate. If you are unable to go up and down our steps we have two different types of lifts to assist you with getting in and out of the pool. Please call for more details – do not let your inability to use the steps stop you from coming to class!