



AQUATIC FITNESS CLASSES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

April 2024- Class Schedule

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 AM 8-9 DWB Cardio Self-Lead 9:05-10 S Aqua Fit Self-Lead PM 6:00-6:45 S Aqua Blast Tracy	2 AM 8-9 DW Fitness Self-Lead 9:05-10 S Aqua Fitness Lindsay PM 6:00-6:45 S Aqua Blast Tracy	3 AM 8-9 DWB Strengthen and Tone Self-Lead 9:05-10 S Aqua Fit Self-Lead	4 AM 8-9 DW Strength, Conditioning, & Cardio Self-Lead 9:05-10 S Aqua Fit - Lindsay PM 6:10-6:55 S Aqua Zumba - Tracy	5 AM 8-9 DW Strength, Conditioning, & Cardio Lindsay 9:05-10 S Aqua Fit - Lindsay	6
7	8 AM 8-9 DWB Cardio Corinne 9:05-10 S Aqua Fit Lindsay PM 6:00-6:45 S Aqua Blast Tracy	9 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fitness Lindsay PM 6:00-6:45 S Aqua Blast Corinne	10 AM 8-9 DWB Strengthen and Tone Corinne 9:05-10 S Aqua Fit Self-Lead	11 AM 8-9 DW Strength, Conditioning, & Cardio Self-Lead 9:05-10 S Aqua Fit - Lindsay PM 6:10-6:55 S Aqua Zumba - Corinne	12 AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Self-Lead	13
14	15 AM 8-9 DWB Cardio Self-Lead 9:05-10 S Aqua Fit Lindsay PM 6:00-6:45 S Aqua Blast Tracy	16 AM 8-9 DW Fitness Self-Lead 9:05-10 S Aqua Fitness Lindsay PM 6:00-6:45 S Aqua Blast Tracy	17 AM 8-9 DWB Strengthen and Tone Corinne 9:05-10 S Aqua Fit Lindsay	18 AM 8-9 DW Strength, Conditioning, & Cardio Lindsay 9:05-10 S Aqua Fit - Lindsay PM 6:10-6:55 S Aqua Zumba - Corinne	19 AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Self-Lead	20
21	22 AM 8-9 DWB Cardio Corinne 9:05-10 S Aqua Fit Lindsay PM 6:00-6:45 S Aqua Blast Tracy	23 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fit - Lindsay PM 6:00-6:45 S Aqua Blast Corinne	24 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fit Lindsay	25 AM 8-9 DW Strength, Conditioning, & Cardio Lindsay 9:05-10 S Aqua Fit - Lindsay PM 6:10-6:55 S Aqua Zumba - Corinne	26 AM 8-9 DW Strength, Conditioning, & Cardio Corinne 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio Self-Lead	27
28	29 AM 8-9 DWB Cardio Self-Lead 9:05-10 S Aqua Fit Lindsay PM 6:00-6:45 S Aqua Blast Tracy	30 AM 8-9 DW Fitness Corinne 9:05-10 S Aqua Fit - Lindsay PM 6:00-6:45 S Aqua Blast Corinne				5/4

S = Shallow Water DW = Deep Water DWB = Deep Water Blast



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Class Descriptions

Aqua Blast – Churn up the water in this challenging, yet fun shallow water workout. Cardio, strength, flexibility - this class has it all. Maximize your training efforts against the resistance of the water and enjoy an exercise session that lessens the impact on your joints. Shallow water.

Aqua Body Strong (ABS)- Aqua Combat- Train like a fighter! An explosive, high intensity interval training (HIIT) cardio workout that takes inspiration from mixed martial arts that will have you punching, kicking, and rebounding like an MMA Pro. Focus on gaining muscular strength, endurance, and coordination through water resistance training and choreographed movements.

Aqua Zumba – Combining the different Zumba dance rhythms, with vigorous aqua exercises this is one pool party you don't want to miss! The water's resistance cushions your feet, knees and back as you dance the class away! Low impact but challenging workout. Shallow water.

Deep Water Blast Cardio – Get your heart rate up in this fast-paced class designed to burn calories and improve endurance. This class is designed to challenge you to get the most out of your workout as we use the resistance of the water and/or equipment like buoys, kickboards, noodles, etc. Aqua belt is recommended. Deep water.

Deep Water Blast Cardio and Abs – Bring your energy and get ready to work hard. This class incorporates a combination of exercises to burn calories and strengthen the abs. Aqua belt is recommended. Deep water.

Deep Water Blast Strengthen and Tone – The pool is such a great place to work on strengthening our muscles. In this full body work out you will use the resistance of the water to strengthen and tone your muscles. The resistance provided by water aerobics equipment and/or the wall helps to challenge participants. Aqua belt is recommended. Deep water.

Deep Water Fitness – Total body fitness using water weights, pool noodles and aqua belts. Combination of low, medium and high intensity exercises. Deep Water.

Deep Water Strength, Conditioning, & Cardio – Work and tone every muscle while stretching and moving in deep water. Aqua belt is recommended. Deep Water.

Shallow Aqua Fitness– This is a less intense class, but we are still here to get our heart rates up and have fun! Participants are encouraged to challenge themselves at a pace that works for them in this invigorating water aerobics session. Classes alternate between an emphasis on exercises: to keep the heart rate up, improve balance and control, build endurance, strengthen muscles, and enhance flexibility. Shallow water.

Shallow Aqua Fit - Strength, Conditioning, & Cardio – Alternating between noodle, water weights, and dancing, this workout will tone every muscle while strength, conditioning, and cardio training. Some Yoga, Pilates, and Tai Chi will be worked in for a well-rounded workout. Shallow Water.