

AQUAX

SCHEDULE EFFECTIVE JANUARY 16, 2012

MONDAY

8:00-9:00am	Aqua Fit	s/d	Lori
9:00-10:00am	Aqua Fit	s/d	Lori
10:00-11:00am	Aqua Fusion	s	Janet
5:30-6:30pm	In-Depth Challenge	d	Cindy

TUESDAY

7:00-8:00am	Aqua Fusion	s/d	Edwena
8:15-9:00am	Aqua Fit	s	Janet
9:00-9:45am	Aqua Zumba	s	Joy
9:45-10:30am	Water Walk/Ai Chi	s	Gail
10:30-11:15am	Senior Splash	s/d	Gail
5:30-6:30pm	In-Depth Challenge	d	Janine
6:30-7:15pm	Aqua Zumba	s	Alison

WEDNESDAY

8:00-9:00am	Aqua Fit	s/d	Lori
9:00-10:00am	Aqua Fusion	s	Lori
10:00-11:00am	In-Depth Challenge	d	Dee
5:30-6:30pm	Aqua Fit	d	Gail

THURSDAY

8:15-9:00am	Aqua Intervals	s/d	Dee
9:00-9:45am	Aqua Intervals	s/d	Janine
9:45-10:30am	Water Walk	s	Janine
10:30-11:15am	Senior Splash	s/d	Janine

FRIDAY

7:00-8:00am	Aqua Fusion	s/d	Edwena
8:00-9:00am	In-Depth Challenge	d	Joy
9:15-10:15am	Aqua Flow n' Tone	s	Janet
10:15-11:15am	Aqua Fusion	s	Janet

SATURDAY

8:00-9:00am	Aqua Intervals	s/d	Gail
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SCHEDULE IS SUBJECT TO CHANGE

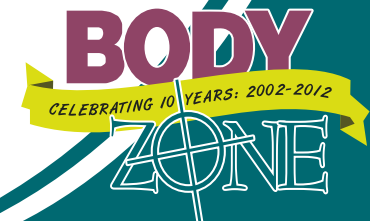
FOR THE MOST UPDATED SCHEDULE, VISIT THE AQUAX PAGE IN THE AQUATICS SECTION OF BODYZONESPORTS.COM

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KEY: s Shallow Class
d Deep Class
s/d Shallow & Deep Class



CLASS DESCRIPTIONS

AQUA FIT

Water isn't just for beginners! Learn how to get a great workout in the water no matter what your fitness level is! Improve muscle tone, flexibility and cardiovascular fitness.

AQUA FLOW & TONE

Using the body's core muscles in a controlled flowing manner, exercises will be performed in the shallow water. Emphasis will be on muscle and core strength, flexibility, and balance.

AQUA FUSION

This class is based on high intensity cardio, recovery and resistance interval training. Participants are guaranteed a total body workout with a smile.

AQUA INTERVALS*

This class combines cardio and muscle conditioning in an interval setting and utilizes both the shallow and deep ends of the pool. Each cardio segment is followed by muscle conditioning and ending with an abdominal workout.

AQUA ZUMBA

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

IN-DEPTH CHALLENGE*

A Fun and Challenging workout! Increase cardiovascular endurance, strength, balance, flexibility and range of motion. This class is sure to be a ball! Use of a buoyancy belt is recommended.*

SENIOR SPLASH*

A social class designed for our Seniors. No swimming ability is required for this class that will help you build strength and increase your range of motion. Get wet! Be strong! Enjoy the class camaraderie! Use of a buoyancy belt is recommended in the deep water.*

WATER WALK

Let the water relax your tense muscles as you work your joints to increase their range of motion and strength. This is a gentle approach for the first time Water Exercisers or those with Arthritis, Fibromyalgia, or recovering from an injury or surgery.

How does Water Affect People Differently than Exercising on Land?

Buoyant support of water cancels 90% of the weight of a person submerged to the neck and 75% of the weight of a person submerged chest deep in the water. The body is lighter in water.

Water offers constant resistance (12-14 times more than air)

The impact on joints is decreased; eases joint mobility.

Can work opposing muscle groups.

The water continually cools the body creating more comfort to your workout.

*Buoyancy belts are provided and recommended in the deep end to help stabilize the body and provide safety.



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