

AquaX Schedule

Schedule Effective September 26, 2011

Schedule Subject To Change

CLASS SCHEDULE

CLASS DESCRIPTIONS

MONDAY

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

THURSDAY

8:15-9:00 am	Aqua Intervals	s/d	Dee
9:00-9:45 am	Aqua Intervals	s/d	Janine
9:45-10:30 am	Water Walk/Ai Chi	s	Janine
11:15-12:00 pm	Senior Splash	s/d	Janine

TUESDAY

7:00-8:00 am Starts 10/10	Aqua Fusion	s/d	Edwena
8:15-9:00 am	Aqua Fit	s	Janet
9:00-9:45 am	Aqua Fit	s/d	Joy
9:45-10:30 am	Water Walk/Ai Chi	s	Gail
11:15-12:00 pm	Senior Splash	s/d	Gail
5:30-6:30 pm	In-Depth Challenge	d	Janine
6:30-7:15 pm	Aqua Zumba	s	Alison

FRIDAY

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

SATURDAY

8:00-9:00 am	Aqua Intervals	s/d	Gail
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WEDNESDAY

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

(s) – Shallow Class
 (d) – Deep Class
 (s/d) – Shallow & Deep Class

AQUA FIT

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/AI CHI

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 and injury or surgery.

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

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.