

# AQUA FITNESS

SCHEDULE EFFECTIVE DECEMBER 11, 2017



## MONDAY

7:00-8:00am	Aqua Intensity	s/d	Edwena/Dee
8:00-8:55am	Hydro X	d	Chris
9:00-10:00am	Aqua Nuts	s/d	Chris
10:00-11:00am	Aqua Fusion	s	Janet
6:00-7:00pm	Hydro X	s/d	Chris

## TUESDAY

7:00-8:00am	Aqua Fusion	s/d	Edwena
8:00-8:45am	Water Power	s/d	Uma
9:00-9:40am	Aqua Zumba	s	Joy
9:45-10:30am	Water Walk	s	Janine
10:30-11:15am	Senior Splash	d	Janine
6:20-7:05pm	Power Waves	d	Mandy

## WEDNESDAY

8:00-8:45am	H2 OH!	s/d	Joy
9:00-9:45am	Cardio Wave	s/d	Kris 
9:45-10:30 am	Sea Sculpt	s	Kris 
6:00-7:00pm	Wet and Wild	d	Cindy

SCHEDULE IS SUBJECT TO CHANGE

For the most current schedule,  
visit [bodyzonesports.com/aqua-fitness](http://bodyzonesports.com/aqua-fitness)

For more information:

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## THURSDAY

8:00-8:45am	Aqua Variety	s	Dee
9:00-9:45am	Aqua Nuts	s/d	Chris
9:45-10:30am	Water Walk	s	Janine
10:30-11:15am	Senior Splash	d	Janine
11:15-12:00pm	Aqua Zumba	s	Sherri
6:20-7:05pm	Aqua Zumba	s	Alison

## FRIDAY

7:00-8:00am	Aqua Intensity	s/d	Edwena
9:00-10:00am	Aqua Fusion	s	Janet
10:00-11:00am	Aqua Flow & Tone/Ai Chi	s	Janet

## SATURDAY

8:00-9:00am	FIRED UP	s/d	Gail
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KEY: s Shallow Class  
d Deep Class  
s/d Shallow & Deep Class



# CLASS DESCRIPTIONS

## AQUA FLOW & TONE/AI CHI

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. Ai Chi, water-based body strengthening and relaxation progression that bridges East and West philosophies, and integrates mental, physical, and spiritual energy, will be practiced during the second half of the class.

## 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 INTENSITY

High energy, high intensity cardio workout. This class is designed to keep you moving! Can you sweat in the water? We will use different equipment to tone your muscles while keeping your heart rate up to burn calories. This class is appropriate for all fitness levels.

## AQUA NUTS

Anything goes in this moderate intensity hour of fun. A variety of formats and equipment will be used. For those who love to work out in the water!

## AQUA VARIETY

Buoys, boards, balls, & noodles. Every class is different! A low impact class featuring fun from the shallow end to the deep end of the pool. Moderate Intensity.

## 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.

## CARDIO WAVE\*

An energetic cardiovascular aqua workout designed for the shallow and deep. Guaranteed to increase your heart rate for a total body workout. Get ready to ride the waves!

## FIRED UP\*

**F**un, **I**ntervals, **R**esistance, **E**ndurance in **D**eep Water. Interval Training is a cardiovascular water workout that uses short rest intervals and high intensity activity to improve your cardiovascular fitness.

## H2 OH!\*

An Aqua buffet of shallow and deep cardio routines, upper/core/lower body resistance drills and more; using the natural resistance of the water as well as tools designed for water to enhance and challenge your entire body.

## HYDRO X\*

Focusing on a mix of cardio, toning and core strength, this intense class will burn lots of calories with no impact on your joints. Non swimmers are welcome!

## POWER WAVES

A 45-minute high energy workout in the deep, that combines cardio and HIIT (High Intensity Interval Training) with strength training and abdominals. This class is appropriate for all fitness levels.

## SEA SCULPT

An all-muscle endurance and strengthening class, using dumbbells, bands, kickboards and noodles.

## 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!

## TAB-AQUA

Tabata interval training gets WET! A high intensity interval training that utilizes short bouts of very intense exercise intertwined with bouts of rest. This class is recommended for Intermediate and advanced aqua participants.

## WATER POWER\*

Mid-high intensity cardio deep/shallow workout. This class will give you a fun fitness challenge!

## 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.

## WET AND WILD\*

A cardiovascular water workout utilizing various equipment for muscular strength and aerobic training. Challenge yourself in this deep water class!

\*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.