

# AQUA FITNESS

SCHEDULE EFFECTIVE JANUARY 14, 2019

## MONDAY

7:00-7:45 am	Aqua Intensity	s/d	Dee/Edwena
8:00-8:55 am	HIIT the Water	s/d	Chris <span>NEW!</span>
9:00-10:00 am	Aqua Nuts	s/d	Chris
10:00-10:45 am	Water Walk	s	Janet/Joy

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

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

## FRIDAY

<span>NEW!</span>	7:00-7:45 am	Aqua Intensity	s/d	Edwena
<span>New Time</span>	9:00-10:00 am	Aqua Fusion	s	Janet
<span>New Time</span>	10:00-10:45 am	Water Yoga	s	Uma/Janet

## SATURDAY

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



# CLASS DESCRIPTIONS

**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, and 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, 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!

**FIRE D UP\*:** Fun, Intervals, Resistance, Endurance in Deep Water. Interval Training is a cardiovascular water workout that uses short rest intervals and high intensity activity to improve your cardiovascular fitness.

**HIIT the Water:** 45 minutes of full body strength training with high intensity cardio blasts to help kick start your metabolism! Plan on lots of fun and working hard!

**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!

**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.

**Water Yoga:** This class is low impact and low intensity, making it an ideal way for people to improve strength, flexibility, and range of motion. It also helps to improve balance and alignment. The buoyant effect of the water relieves and reduces joint pain, while promoting healing, calming and soothing sensations.

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

## 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.