

# Aqua Fitness

SCHEDULE EFFECTIVE NOVEMBER 16, 2020

## BUY & BOOK CLASSES

Visit

[bodyzonesports.com/aquafitness](http://bodyzonesports.com/aquafitness)  
to purchase and reserve classes.  
Please note: Advance reservations  
are necessary, space is limited, fees  
are non-refundable and make-up  
classes are not permitted.

### SPECIAL DETAILS:

Body Zone Aqua Fitness Safety Measures & Policies will be enforced. Please arrive ready to swim. Face masks covering nose and mouth are required at all times except when in the pool. Please see reverse for all of our safety measures and policies.



### FEES

Members (includes SilverSneakers participants who are registered at Body Zone): \$5 / class  
Non-Members (includes Fitness Day Pass): \$15 / class

NEW! Pop-Up Friday Night Aqua Zumba with Alison Snyder.

6:30 PM on:  
November 27,  
December 4 and 18



## MONDAY

TIME	CLASS	KEY	INSTRUCTOR
9:00-9:45 AM	Aqua Strong	s/d	Chris Butler
10:00-10:45 AM	Water Walk	s	Chris Butler

## TUESDAY

TIME	CLASS	KEY	INSTRUCTOR
7:00-7:45 AM	Aqua Stride & Strength	s	Edwena Miller
9:00-9:45 AM	Water Walk & Tone	s	Janet Ku
10:00-10:45 AM	Aqua Zumba	s	Sherri Freifelder

## WEDNESDAY

TIME	CLASS	KEY	INSTRUCTOR
9:00-9:45 AM	Aqua Strong	s/d	Chris Butler
10:00-10:45 AM	Sea Sculpt	s	Chris Butler

## THURSDAY

TIME	CLASS	KEY	INSTRUCTOR
8:00-8:45 AM	Aqua Stride & Strength	s	Edwena Miller
9:00-9:45 AM	Deep Extreme	d	Sue Daly
10:00-10:45 AM	Aqua Fit	s	Uma Parikh

## FRIDAY

TIME	CLASS	KEY	INSTRUCTOR
10:00-10:45 AM	Aqua Fit	s	Sue Daly

### KEY:

s = shallow • d = deep • s/d = shallow and deep

[bodyzonesports.com/aquafitness](http://bodyzonesports.com/aquafitness)



# Class Descriptions + Aqua Fitness Guidelines

## Aqua Fitness Class Safety Measures & Policies

### Prior to coming to an Aqua Fitness class:

- Buy and book classes via [bodyzonesports.com/aquafitness](http://bodyzonesports.com/aquafitness).
- You must be healthy. If you are sick or you suspect you may be sick, please do not come to class.
- All fees are non-refundable and make-up classes are not permitted.
- Please bring a towel and your face mask. We will not have towels to borrow.
- Bring a way to store your face mask so you can access it immediately as you exit the pool.
- Make sure to wash your hands and/or use hand sanitizer prior to class.
- Come ready to swim.

### Upon arriving at Body Zone:

- You must wear a face mask, covering mouth and nose, at all times at Body Zone except for when you are in the pool. Once exited from the pool, you must put your face mask back on.
- Check in at Guest Services.
- Get your temperature checked at Guest Services.
- Complete our new liability waiver if necessary.
- Guest Services will direct you to the pool area and locker rooms.
- When you are ready to enter the pool deck, please use the main pool door marked as "Entrance."
- You will not be permitted to enter the pool through our locker room.
- Your Aqua Fitness Instructor will greet you 10 minutes before class. They will place you in spots six feet apart in the pool. Remember that as you move during class, you must respect social distancing of six feet at all times.

### Exiting the pool at the end of class:

- Your Aqua Fitness Instructor will be helping with social distancing by exiting only one direction from the pool and as you exit the water, and you must put your face mask on immediately.
- There is no use of the hydrotherapy pool after class.
- Please do not socialize on the pool deck after class.
- If you must use the locker room: please use the back hallway (follow the signs), maintain social distancing while changing in the locker rooms, and face masks must be worn at all times inside our locker rooms.

**Please refrain from socializing in the locker rooms or in our lobby areas.**

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### Aqua Strong

Anything goes in this fun, moderately intense class. Focus is strength and cardio with variety every time. Expect a total body workout and all fitness levels are welcome.

### Aqua Fit

Aqua Fit is a total body workout in the shallow, using dumbbells and noodles. Cardio and strength training intervals will be introduced to help increase your fitness level. This class will be a good "push" but modifications will be given.

### Aqua Fusion

Aqua Fusion takes place in a mix of shallow and deep water to add variety and challenge. Expect a total body and intense workout including cardio and strength with aqua dumbbells, noodles and more.

### Aqua Stride & Strength

This class is all about high intensity cardio and resistance interval training. Participants are guaranteed a total body workout with a smile.

### 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.

### Deep Extreme

Hit the deep with us in intense cardiovascular water workout utilizing various equipment like aqua dumbbells, noodles and belts. Expect some aqua jogging too. Challenge yourself in this deep water class!

### Hydro HIIT

Plan on lots of fun and hard work in this full-body strength training class. You'll get lots of high intensity blasts to help kick start your metabolism too.

### Sea Sculpt

An all-muscle endurance and strengthening class, using dumbbells, kickboards, and noodles. Held in the shallow end of the pool.

## For Private Parties Only!

### SUP Yoga

Stand-Up Paddleboard Yoga focuses on flexibility and relaxing the mind while floating on the water. Participants will be guided through a sequence of yoga poses and finish class with a focus on core strength. All fitness levels are welcome, and modifications will be given for those who are new to SUP Yoga. Prior yoga experience suggested but not necessary. For ages 16 and older.

### Water Walk

Water Walk is the perfect gentle approach for first-time water exercisers or those with arthritis, fibromyalgia, or recovering from an injury or surgery. Let the water relax your tense muscles as you work your joints to increase range of motion and strength.

### Water Walk & Tone

Want to Water Walk with a boost of toning? Participants will use aqua dumbbells and noodles for strength work.