

Aqua Fitness

SCHEDULE EFFECTIVE APRIL 19, 2021

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



BUY & BOOK CLASSES

Visit 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.

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

6:30 PM on:
April 30
May 7, 21, 28



MONDAY

TIME	CLASS	KEY	INSTRUCTOR
9:00-9:50 AM	Aqua Tabata NEW!	s/d	Chris Butler
10:00-10:50 AM	Aqua Jog NEW!	d	Chris Butler

TUESDAY

TIME	CLASS	KEY	INSTRUCTOR
8:00-8:45 AM	Aqua Stride & Strength	s	Edwena Miller
9:00-9:45 AM	Water Walk NEW!	s	Joy
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	Water Walk and Tone NEW!	s/d	Sue Daly
10:00-10:45 AM	Aqua Work and Stretch	s	Uma Parikh

FRIDAY

TIME	CLASS	KEY	INSTRUCTOR
10:00-10:45 AM	Aqua Fit	s	Sue Daly
6:30-7:15 PM	Pop-Up Aqua Zumba	s	Alison Snyder

(On select nights – listed above)

KEY:

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

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.
- 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.

bodyzonesports.com/aquafitness

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 Jog : Aqua Jog is a cardiovascular workout that mimics the motion of jogging while submerged in water. This class is great on the joints but can provide an increased heart rate and help you get a great work out by not stressing your joints. You will use your arms and legs together running at least 2 miles in this 50 minute class! Aqua belts will be worn while you are working out in the deep end of the pool.

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 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 Tabata: abata interval training is one of the most effective types of high intensity training while using a timer for work and rest. Mixing this format with adding the resistance of water, through a variety of simple, intense exercises, allows each class to burn calories and get results in a short amount of time! Modifications will be made for beginners.

Aqua Work and Stretch : A complimenting combination of work and stretch! This aqua class will consist of cardio and strength and a dedicated 15-20 minutes of stretching. Instructed by a Yoga certified teacher, you will get deep and soothing stretches to help with tight muscles and aid in injury prevention.

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.

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.

Total Body Mix: A total body water workout in the shallow and the deep. Mixing it up to maximize your fitness level with modifications along the way! Focus is on increasing your cardiovascular stamina and combining some muscle toning within the workout.

Water Walk: This gentle, low impact Aqua class is designed to get you moving. A variety of traveling exercises will offer a cardio workout to improve range of motion, muscular strength and stamina, while decreasing stress of the joints. This class is great if you are new to fitness and those with arthritis and fibromyalgia.

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

