

# Aqua Fitness

SCHEDULE EFFECTIVE DECEMBER 7, 2021

## FEES

**Members (includes SilverSneakers participants who are registered at Body Zone):**

**\$5 / class**

**Non-Members (includes Fitness Day Pass):**

**\$15 / class**

## BUY & BOOK CLASSES!

1. Visit [bodyzonesports.com/aquafitness](http://bodyzonesports.com/aquafitness), or
2. Scan here:



**Please note:**  
Advance reservation is required, space is limited and fees are non-refundable.

**OPEN  
TO THE  
PUBLIC!**

## MONDAY

TIME	CLASS	KEY	INSTRUCTOR
9:00-9:50 AM	Aqua Tabata	s/d	Chris Butler
10:00-10:50 AM	Aqua Jog	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 & Tone	s	Joy Golt

## 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
10:00-10:45 AM	Aqua Work & Stretch	s	Uma Parikh

## FRIDAY

TIME	CLASS	KEY	INSTRUCTOR
9:00-9:45 AM	Water Fusion	s/d	Karen Mikitka
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 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 & 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.

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

**Water Fusion:** Water Fusion is a total body workout incorporating cardio and strength. Participants will use noodles and dumbbells to tone and build muscle. Expect cardio intervals to improve heart health and a gentle stretch at the end to lengthen the muscles.

## 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 & Tone:** 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.