

Aqua Fitness

SCHEDULE EFFECTIVE SEPTEMBER 11, 2023

FEES

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

\$5 / class

Non-Members (includes Fitness Day Pass):

\$15 / class

MONDAY

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

TUESDAY

TIME	CLASS	KEY	INSTRUCTOR
8:00-8:45 AM	Aqua Stride & Strength	s	Edwena
9:00-9:45 AM	Water Walk & Tone	s	Joy

WEDNESDAY

TIME	CLASS	KEY	INSTRUCTOR
9:00-9:45 AM	Aqua Tabata	s/d	Cindy
10:00-10:45 AM	Sea Sculpt	s	Cindy

BUY & BOOK CLASSES!

1. Visit 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!**

THURSDAY

TIME	CLASS	KEY	INSTRUCTOR
8:00-8:45 AM	Aqua Stride & Strength	s	Edwena
9:00-9:45 AM	Aqua Pilates & Yoga Tone	s	Michelle
10:00-10:45 AM	Aqua Work & Stretch	s	Uma

FRIDAY

TIME	CLASS	KEY	INSTRUCTOR
9:00-9:45 AM	Water Fusion	s/d	Karen
10:00-10:45 AM	Aqua Fit	s	Sue

KEY:

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

bodyzonesports.com/aquafitness



Class Descriptions

Aqua Fit: Aqua Fit is a total body workout in the shallow part of the pool 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 easy on the joints but can provide an increased heart rate and help you get a great workout. Expect to jog at least two miles overall. Aqua belts will be worn.

Aqua Stride & Strength: This class offers a total body workout through high intensity cardio and resistance interval training.

Aqua Tabata: Tabata interval training is one of the most effective types of high intensity training utilizing timed movements for work and rest. The added resistance of water when combined with a variety of simple yet intense exercises provides a major calorie burn and, with consistent class participation, results in a short period of time. Modifications will be made for beginners.

Aqua Work & Stretch: You'll work and stretch in this class consisting of cardio, strength and a dedicated 15-20 minutes of stretching. Instructed by a Yoga certified teacher, you'll get deep and soothing stretches to help with tight muscles and aid in injury prevention.

Aqua Pilates & Yoga Tone: Mindfully connect breathe with movements as we focus on core strengthening, toning and stretching. This class is to help destress and is for all fitness levels.

Aqua Strong: Anything goes in this fun, moderately intense class. Focus is strength and cardio with variety every time. Expect a total body workout in the shallow and deep areas of the pool. All fitness levels are welcome.

Sea Sculpt: Sea Sculpt is an all-muscle endurance and strengthening class using dumbbells, kickboards, and noodles. Class is conducted 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.