

AQUATICS



Water Exercise Schedule

Fall 2021

Effective Sept 13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Deep Water Workout w/Theresa 9:30–10:15AM		Deep Water Workout w/Theresa 9:30–10:15AM			
						Sunday Funday w/Danielle 12:00–12:50PM
Aquatic Intervals w/Genoeffa 2:00–2:50PM	Aquatic Intervals w/Carol M 2:00–2:50PM	Cardio Tone w/Theresa 2:00–2:50PM	Aquatic Intervals w/Carol M 2:00–2:50PM	Aquatic-Strength Genoeffa 2:00–2:50PM		
					Move & Groove w/Theresa 9:30–10:20AM	
Motivation w/Sara 6:00–6:50PM						
				Friday Night Fever w/Theresa 6:45–7:35PM		

Water Exercise Descriptions

Aqua Zumba:

Take your Zumba Fitness to the water in this exciting Latin and World dance inspired workout. Using the resistance of the water your muscles will work harder with all your favorite rhythms using fun choreography and music!

Deep Water:

Come and begin your day, with a refreshing, energizing, deep water workout.

Strengthening, toning and aerobics are the focus of this 50 minute work out. Weights and belts are incorporated to provide added resistance and assist in moves to make the workout even more affective. Start your day with confidence.

Deep Water Cardio Strength Combination:

A combination of cardio intervals with strength training using water resistance, noodles, and weights. An age-defying, all-ability exercise class for the body, mind and soul resulting in core strength, balance, increased flexibility and range of motion.

Aqua Aerobics:

In this shallow water class expect some good old fashioned aerobic choreography so you can exercise at a steady state to improve blood circulation, cardiovascular endurance and respiratory response. Let's not forget to bring the fun!

Shake it Up:

Shake, shimmy and move to some awesome music that will energize your mind and body. After a long day at work the combination of movement, music and good company will shift your mood, pick up your spirits, and most importantly give you a great workout.

Cardio Tone:

Intermediate level water aerobics class utilizing interval training that incorporates a full body aerobic workout with muscle toning in order to enhance strength, flexibility & endurance. It maximizes your full fitness potential!!

Aquatic Intervals (HIIT):

And you thought High Intensity Interval Training was only for land? Think again! In this Insanity inspired exercise class you will work with 30 and 60 second bouts of high intensity, high heart rate movements, pushing yourself and your body against the powerful forces of the water.

Interval Training:

Using segments of 3.5 and 1.5 minutes, this class incorporates chest deep and shallow water for a full body, aerobic workout. Moving through the various depths of water strengthens the core while working muscle groups frontally, laterally and posteriorly. The final 15 minutes of class incorporates focused weight training for both arms and legs. A great way to start your weekend!

Heart & Soul:

Spend the hour with new and old friends listening to sassy fast paced music that will incorporate exercises that work all parts of your body. Using weights, noodles, and belts we will continue to raise your heartrate with the resistance of the water .