

# AQUATICS



## Water Exercise Schedule

Fall 2020 Effective 10/1/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Deep Water</b> w/Theresa 9:30–10:15AM		<b>Deep Water</b> w/Theresa 9:30–10:15AM			
						<b>Heart &amp; Soul</b> w/Maria D. 12:00–12:45PM
<b>Aquatic Intervals</b> w/Genoeffa 2:00–2:45PM	<b>Aquatic Intervals</b> w/Carol M 2:00–2:45PM	<b>Cardio Tone</b> w/Sunny 2:00–2:45PM	<b>Aquatic Intervals</b> w/Carol M 2:00–2:45PM	<b>Aquatic-Strength</b> Genoeffa 2:00–2:45PM		
					<b>Interval Training</b> w/Theresa 4:00–4:45PM	

# 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:**

Using floatation belts, this class takes place in the deep end of the pool. For 45 minutes, experience zero impact, allowing the spine to align itself as no other workout can. The addition of buoyant dumbbells for a segment of deep water running, focusing on various muscle groups of the upper body, engages the core muscles and elevates heart rate. Noodle work and various stretching moves in chest-deep water round out the workout. The accompanying music and enthusiastic participants will ensure that you leave class with a sense of accomplishment and a smile on your face!

## **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 .