



****UPDATED 07/27/17**

AQUA FITNESS CLASS SCHEDULE AUGUST/SEPTEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool	Aqua Zumba 9:45-10:35am w/Daphne	Aqua Fit 9:45-10:35am w/ Tina	Aqua Zumba 9:45-10:35am w/ Alison	Aqua Fit 9:45-10:35am w/ Tina		
Pool	Aqua Toning 10:35-11:15am w/ Tina	Aqua Toning 10:35-11:15am w/ Tina	Aqua Toning 10:35-11:15am w/ Alison	Aqua Toning 10:35-11:15am w/ Tina		AQUA KICK& TONE W/CHRISTINA 10:35-11:15
Pool	WATER WORKS WONDERS 11:15-12:00 w/ Pat		WATER WORKS WONDERS 11:15-12:00 w/ Pat		WATER WORKS WONDERS 11:15-12:00 w/ Pat	
Pool	AQUA ZUMBA 615-7PM W/DAPHNE	AQUA TONING 615-7PM W/CHRISTINA	AQUA 615-7PM DAPHNE/CHRISTINA	AQUA TONING 615-7PM W/CHRISTINA		

Aqua Fitness Group Exercise Class Descriptions

WATER WORKS WONDERS:

This water class is designed for people with any type of arthritis. The class allows participants to exercise without putting excess strain on their joints and muscles.

AQUA TONING and KICK & TONE:

Muscle toning class, using the resistive nature of water to tone the body. Kick & Tone is a water muscle toning class, incorporating kickboxing exercises in the water.

AQUA ZUMBA® OR AQUA FIT:

A class offers a safe, challenging, water-based workout that's cardio-conditioning AND body toning.