



FEBRUARY/MARCH 2017

AQUA CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Fit 9:00-9:45 w/ Breann	Aqua Fit 9:00-9:45 w/ Tina	Aqua Zumba 9:00-9:45 w/ Alison	Aqua Fit 9:00-9:45 w/ Tina		Aqua Zumba 9:50a-10:35a w/Daphne
Aqua Toning 9:50-10:35 w/ Tina	Aqua Toning 9:50-10:35 w/ Tina	Aqua Toning 9:50-10:35 w/ Alison	Aqua Toning 9:50-10:35 w/ Tina		
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	
AQUA ZUMBA 6:15-7:00 W/DAPHNE	AQUA TONING 6:15-7:00P	AQUA ZUMBA 6:15-7:00 W/DAPHNE	AQUA TONING 6:15-7:00P		

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:

A muscle toning class that uses the resistive nature of water to tone the body.

AQUA ZUMBA® OR AQUA FIT:

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

DEEP WATER:

As you submerge yourself into the deep end of a pool for a water fitness workout, your body becomes weightless, giving you a new kind of workout challenge. While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system. You may wear a flotation belt for support in the deep water, or rely on your own ability to float as you perform deep water aerobics routines.