



**\*\*UPDATED 04/27/2017**

## AQUA FITNESS CLASS SCHEDULE APRIL/MAY 2017

|      | Monday                                          | Tuesday                               | Wednesday                                       | Thursday                              | Friday                                          | Saturday                                                                                     |
|------|-------------------------------------------------|---------------------------------------|-------------------------------------------------|---------------------------------------|-------------------------------------------------|----------------------------------------------------------------------------------------------|
| Pool | Aqua Zumba<br>9:00-9:45<br>w/ Daphne            | Aqua Fit<br>9:00-9:45<br>w/ Tina      | Aqua Zumba<br>9:00-9:45<br>w/ Alison            | Aqua Fit<br>9:00-9:45<br>w/ Tina      |                                                 | SUP & POOL<br>SIDE YOGA<br>7:30-8:30AM<br><b>(POOL CLOSED)</b><br><br>AQUA ZUMBA<br>W/DAPHNE |
| Pool | Aqua Toning<br>9:50-10:35<br>w/ Tina            | Aqua Toning<br>9:50-10:35<br>w/ Tina  | Aqua Toning<br>9:50-10:35<br>w/ Alison          | Aqua Toning<br>9:50-10:35<br>w/ Tina  |                                                 | AQUA KICK & TONE<br>W/CHRISTINA<br>10:35-11:15                                               |
| Pool | WATER WORKS<br>WONDERS<br>11:15-12:00<br>w/ Pat |                                       | WATER WORKS<br>WONDERS<br>11:15-12:00<br>w/ Pat |                                       | WATER WORKS<br>WONDERS<br>11:15-12:00<br>w/ Pat |                                                                                              |
| Pool | AQUA ZUMBA<br>615-7PM<br>W/DAPHNE               | AQUA TONING<br>615-7PM<br>W/CHRISTINA | AQUA ZUMBA<br>615-7PM<br>W/DAPHNE               | AQUA TONING<br>615-7PM<br>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.