




*UPDATED 09/27/17



AQUA FITNESS CLASS SCHEDULE OCTOBER/NOVEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool	Aqua Zumba 9am-945 w/Daphne	Aqua Zumba 9am-945am w/ Daphne	Aqua Zumba 9am-945am w/ Alison	Aqua Zumba 9am-945am w/ Daphne		
Pool	Aqua Toning 950am-1035am w/ Christina	Aqua Toning 950am-1035am w/Christina	Aqua Toning 950am-1035am w/ Alison	Aqua Toning 950am-1035am w/Christina		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.