



UPDATED 08/01/2018

## AQUA FITNESS CLASS SCHEDULE AUGUST 2018

	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		
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 TONING 615-7PM W/CHRISTINA	AQUA TONING 615-7PM MICHELE/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.