



*UPDATED 06/30/2018

AQUA FITNESS CLASS SCHEDULE JULY 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|---|---|---|---|--|----------|
| Pool | Aqua Zumba 945am-1030am w/Daphne | Aqua Zumba 945am-1030am w/ Daphne | Aqua Zumba 945am-1030am w/ Alison | Aqua Zumba 945am-1030am w/ Daphne | | |
| Pool | Aqua Toning 1030am-115am w/ Christina | Aqua Toning 1030am-1115am w/Christina | Aqua Toning 1030am-1115am w/ Alison | Aqua Toning 1030am-1115am 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 615-7PM MICHELE/CHRISTINA | AQUA TONING 615-7PM W/CHRISTINA | | |

**** SUP YOGA SUNDAYS!!!!!! SEE FRONT DESK FOR REGISTRATION**

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.