



UPDATED 09/07/2018

AQUA FITNESS CLASS SCHEDULE SEPTEMBER/OCTOBER 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool	Aqua Jam 9am-945 w/Sasha	Aqua Jam 9am-945am w/ Sasha	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.