



\*UPDATED 11/30/18



## AQUA FITNESS CLASS SCHEDULE DECEMBER/JANUARY 2018-19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool	<b>Aqua Jam</b> 9am-945 w/Sasha	<b>Aqua Jam</b> 9am-945am w/ Sasha	<b>Aqua Zumba</b> 9am-945am w/ Alison	<b>Aqua Zumba</b> 9am-945am w/ Daphne		
Pool	<b>Aqua Toning</b> 950am-1035am w/ Christina	<b>Aqua Toning</b> 950am-1035am w/Christina	<b>Aqua Toning</b> 950am-1035am w/ Alison	<b>Aqua Toning</b> 950am-1035am w/Christina		
Pool	<b>WATER WORKS WONDERS</b> 11:15-12:00 w/ Pat		<b>WATER WORKS WONDERS</b> 11:15-12:00 w/ Pat		<b>WATER WORKS WONDERS</b> 11:15-12:00 w/ Pat	
Pool		<b>AQUA TONING</b> 615-7PM W/CHRISTINA	<b>Aqua Fit</b> w/Michelle 615-7pm	<b>AQUA TONING</b> 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.