



## September AQUA CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
Pool	Aqua Zumba 9:00-9:45 w/ April	Aqua Zumba 9:00-9:45 w/ Tabatha <small>Starting Sept. 10<sup>th</sup></small>	Aqua Zumba 9:00-9:45 w/ Alison	Aqua Zumba 9:00-9:45 w/ Carol	
Pool	Aqua Toning 9:50-10:35 w/ April	Aqua Toning 9:50-10:35 w/ Sasha	Aqua Toning 9:50-10:35 w/ Alison	Aqua Toning 9:50-10:35 w/ Carol	
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 w/Christina 6:15-7:00	Aqua Fit w/ Michelle 6:15-7:00		

### 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:

A muscle toning class that uses the resistive nature of water to tone the body.

#### AQUA ZUMBA® OR AQUA FIT:

A class offering a safe, challenging, water-based workout that's cardio-conditioning AND body toning.