



May AQUA CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
Pool	Aqua Zumba 9:00-9:45 w/ April	Aqua Zumba 9:00-9:45 w/ April	Aqua Zumba 9:00-9:45 w/ Alison	Aqua Zumba 9:00-9:45 w/ April	Aqua Fit w/ Tina 9:00-9:45
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/ Sasha	Aqua Toning w/Tina 9:50-10:35
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 Zumba w/ April 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.

DEEP WATER:

As you submerge yourself into the deep end of a pool for a water fitness workout, your body becomes weightless, giving you a new kind of workout challenge. While deep water aerobics has a low impact on your joints, it has a high impact on your cardiovascular system. You may wear a flotation belt for support in the deep water, or rely on your own ability to float as you perform deep water aerobics routines.