



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



AQUA FITNESS SCHEDULE

March 1st-March 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Zumba 9am-9:45 w/April	Aqua Fusion 9am-9:45 w/Sasha	Aqua Zumba 9am-9:45 w/Alison	Aqua Fusion 9am-9:45 w/Sasha	Aqua Fit 9am-9:45 w/Tina
Aqua Toning 9:50am - 10:35am w/Christina	Aqua Toning 9:50am - 10:35am w/Christina	Aqua Toning 9:50am-10:35am w/Alison	Aqua Toning 9:50am - 10:35am w/Christina	Aqua Toning 9:50am-10:35am w/Tina
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
	Aqua Toning 6:15pm-7pm w/Christina	Aqua Fit 6:15pm-7pm w/Michelle	Aqua Toning 6:15pm-7pm w/Christina	

Aqua Fitness Group Exercise Class Descriptions

- **Water Works Wonders:**
This water class is designed for people with ANY type of arthritis. This class allows participants to exercise without putting excess strain on their joints and muscles.
- **Aqua Toning:**
This class focuses on muscle toning and uses the resistive nature of water to tone the body.
- **Aqua Zumba:**
This class offers a safe, challenging, water based workout that includes both cardio-conditioning and muscle toning.
- **AQUA FUSION: *NEW CLASS***
This class is a combination of both dance fitness and aqua fit style exercises. You will get cardio and muscle toning in this class. This is a safe, challenging , water based workout.
- **Aqua Fit: *NEW CLASS***
This class offers a variety of safe and effective cardio based exercises in the water. You will get low impact cardio by way of water walking and various different low impact exercises. Fun for everyone.