



September 2020 Aqua Class Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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|-------------|--|---------------------------------------|--|---------------------------------------|--|--------------------------------------|
| Pool | Aqua Zumba 9:00-9:45 w/Carol | Aqua Zumba 9:00-9:45 w/ Carol | Aqua Zumba 9:00-9:45 w/ Alison | Aqua Zumba 9:00-9:45 w/ Carol | | Aqua Fit 8:00-8:55 w/ Michelle |
| Pool | Aqua Toning 9:50-10:35 w/ Carol | Aqua Toning 9:50-10:35 w/ Carol | 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/Mary | | WATER WORKS WONDERS 11:15-12:00 w/ Mary/Pat | | WATER WORKS WONDERS 11:15-12:00 w/ Pat/Mary | |
| Pool | | Aqua Toning w/Carol 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.