

## Water Aerobics

Exercise without the pounding and jolting on your joints! Water aerobics offers a healthy alternative for exercising, creating a total body workout. Course is designed for men and women.

No swimming ability is required.

DAY	TIME	TYPE	LOCATION
Mon	7:00-8:00am*	River Fit	Lazy River
	8:00-9:00am*	H.I.I.T Shallow	Lap Pool
	9:00-10:00am	Aqua Fitness Shallow	Program Pool
	12:00-1:00pm	Deep Aerobics	Program Pool
	1:30-2:30pm*	Silver Sneakers Splash	Program Pool
	6:00-7:00pm	Tone & Flex Deep	Program Pool
Tue	7:00-8:00am*	River Fit	Lazy River
	8:00-9:00am	Cardio/ Core Shallow	Program Pool
	9:00-10:00am	Set Your Pace Shallow	Program Pool
Wed	7:00-8:00am*	River Fit	Lazy River
	9:00-10:00am	Aqua Fitness Shallow	Program Pool
	12:00-1:00pm	Deep Aerobics	Program Pool
	1:30-2:30pm*	Silver Sneakers Splash	Program Pool
	5:00-6:00pm*	Cardio Shallow	Program Pool
	6:00-7:00pm	Tone & Flex Deep	Program Pool
Thurs	7:00-8:00am*	River Fit	Lazy River
	8:00-9:00am	Cardio/ Core Shallow	Program Pool
	9:00-10:00am	Set Your Pace Shallow	Program Pool
Fri	7:00-8:00am*	River Fit	Lazy River
	9:00-10:00am	H.I.I.T Shallow	Lap Pool
	10:30-11:30am	Aqua Vitality	Program Pool
	12:00-1:00pm	Deep Aerobics	Program Pool
	5:00-6:00pm	Tone & Flex Deep	Program Pool
Sun	12:00-1:00pm*	H.I.I.T Shallow	Lap Pool
	4:30-5:30pm	Tone & Flex Deep	Program Pool

\*These classes do not start until January 2019. All classes will take place in the lap pool until January.

**Aqua Fitness Shallow** This water exercise class tones, firms, increases flexibility and muscle strength, and gives your cardio vascular system the workout it needs. It takes the stress off joint and muscular-skeletal system, yet it works the heart and lungs.

**Aqua Vitality** This class is for those with joint pain and stiffness. Exercises are designed to improve flexibility, balance, range of motion, muscle strength and endurance. Belts are provided.

**Cardio/Core Shallow Aerobics** If you like great music, running and ab work, you will love this class. Great cardio workout, plus a high energy aqua workout, targeting all the major muscles using the water's resistance. This class includes cardio and muscle conditioning

**Deep Aerobics** This class is designed to be no impact and improve cardiovascular, muscle strength, core and flexibility. Belts are provided.

**H.I.I.T Shallow** Get ready to power it up! This class incorporates high-intensity intervals throughout the bulk of the class and finishes with a focus on core and upper body strength work.

**NEW River Fit** A mild, no-bounce class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability and joint mobility. A great class if you have arthritis, joint limitations, replacements or are pregnant.

**Set Your Own Pace Shallow** A fun water aerobics class where you set your own pace within the class. Instructor will guide you through each class working the major muscle groups and toning abs, arms and legs. You will decide how easy or hard you want to work with guidance from the instructor on how you can vary the intensity of each class you attend.

**NEW Silver Sneakers Splash** A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training

**Tone & Flex Deep Aerobics** Deep water intervals workout mixed in with body movements to build muscle, flexibility, core strength and stamina in all parts of the body. This class is a fun workout without impact on your joints. Belts are provided.

