

# AquaFit Class Schedule

Updated 6/18

Day	TIME	LOCATION	TYPE	INSTRUCTOR
Monday	7am-8am	Lazy River	RiverFit	Francesca
	9am-10am	Lap Pool	Aqua Fitness Shallow	Mary
	12pm-1pm	Memory Square*	Deep Aerobics	Ronda
	6pm-7pm	Program Pool	Tone & Flex Deep	Margie
	7:15-8:15pm	Program Pool	Water Mat Yoga	Ronda
Tuesday	7am-8am	Lazy River	RiverFit	Laura
	8am-9am	Lap Pool	Cardio/ Core Shallow	Jo-Ann
	9am-10am	Lap Pool	Set Your Pace Shallow	Jo-Ann
	10:45-11:45am	Memory Square*	H2O Running \$	Mary
	12pm-1pm	Memory Square*	Deep Aerobics	Mary
Wednesday	7am-8am	Lazy River	RiverFit	Galit
	9am-10am	Lap Pool	Aqua Fitness Shallow	Jo-Ann
	12pm-1pm	Memory Square*	Deep Aerobics	Mary
	6pm-7pm	Program Pool	Tone & Flex Deep	Margie
	7:15-8:15pm	Program Pool	Water Mat Yoga	Becky
Thursday	7am-8am	Lazy River	RiverFit	Margie
	8am-9am	Lap Pool	Cardio/ Core Shallow	Jo-Ann
	9am-10am	Lap Pool	Set Your Pace Shallow	Jo-Ann
	10:45-11:45am	Memory Square*	H2O Running \$	Mary
	12pm-1pm	Memory Square*	Deep Aerobics	Margie
	12:15-1:15pm	Program Pool	Water Mat Yoga	Peryl
Friday	7am-8am	Lazy River	RiverFit	Laura
	9am-10am	Lap Pool	H.I.I.T.	Anastasia
	10:30-11:30am	Program Pool	Aqua Vitality	Richard/ Mary
	12pm-1pm	Memory Square*	Deep Aerobics	Staz
	5:30-6:30pm	Program Pool	Tone & Flex Deep	Mary
Sunday	4:30-5:30pm	Program Pool	Tone & Flex Deep	Mary/ Margie

**\*Memory Square classes run 5/28-9/30**

## AquaFit Class Descriptions:

### Aqua Fitness Shallow

This water exercise class tones, firms, increases flexibility and muscle strength, and gives your cardiovascular system the workout it needs.

### 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

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.

### Deep Aerobics

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

### H2O Running \$

This class provides all of the benefits of land running without any impact or even getting your hair wet. You don't have to be a runner, swimmer, or athlete to participate. This class is held in the deep end of the program pool and aqua-jogging belts are provided for flotation.

### 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.

### RiverFit

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

A fun shallow water aerobics class where you set your own pace within the class. Instructor will guide you through each class working the major muscle groups: toning abs, arms & legs.

### Tone & Flex Deep

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

### Water Mat

Water mat fitness classes are yoga and/or fitness classes taught in the pool on inflatable boards. Classes include traditional yoga poses but have strength & fitness components that target core stability.