



## WATER CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
7	Aqua Splash and Tone	Open Swim	Aqua Fit	Open Swim	Open Swim	Open Swim	<b>Club Closed Opens at 8am</b>		
8	Open Swim		Open Swim				Rusty Hinges	Hydro Combo	Open Swim
8:30									
9:30	Aqua Fit	Aqua Fit	Aqua Beat	Aqua Rhythm	Aqua Splash and Tone				
10:30	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim			
12:30		Rusty Hinges		Open Swim			Rusty Hinges		
1:30		Open Swim		Tidal Wave			Open Swim	Open Swim	
4:30		Open Swim	Open Swim			Open Swim			
5:30		Aqua Splash and Tone	Hydro Action	Open Swim		Aqua Corelates	Open Swim		Open Swim
5:45						Hydro Action		Aqua Corelates	
6:45	Open Swim				Water Volleyball (no instructor)	Open Swim	Water Volleyball (no instructor)	Open Swim	Open Swim
7:00									
8									
9									

\* = Additional Fee

All classes are subject to change.

## WATER CLASS DESCRIPTIONS

**Aqua Beat:** Get it going to the beat of the music. This class is similar to a high/low aerobics class and choreographed to music. **Level 2+**

**Aqua Corelates:** This class is perfect for those wanting a little more core in their workout routine. 40 minutes of cardio, ending with 20 minutes of pilates and core resistance. **Level 1+**

**Aqua Rhythm:** This class incorporates exercises to improve cardiovascular health and muscle tone by using continuous rhythmic movement. **Level 1+**

**Aqua Fit:** An all-around good workout for all your parts, perfect for all levels. 30-40 minutes of cardio, then we incorporate weights for abs and legs. **Level 1 or 2.**

**Aqua Splash and Tone:** Join us for the best of both worlds in a refreshing cardio class blended with all-over toning. We'll use a variety of aqua equipment to target muscle groups and "splash" away stress. Perfect for all levels. **Level 1+**

**Hydro Action:** A little of this and a little of that. This class has 20 minutes of high low cardio with marching, jogging, kicks, jacks to improve your cardio fitness. We move onto water weights and noodles for toning. We top it off with some core and resistance training. **Level 1+**

**Hydro Combo:** Get a little something different each time you come in. Taught by a rotation of instructors, they combine cardio and toning with a splash. **Level 2+**

**Rusty Hinges:** Sanctioned by the National arthritis Foundation and taught by a NAFAP Certified Instructor. Perfect for those with fibromyalgia, arthritis, post surgery, and other special populations. **Level 1**

**Tidal Wave:** This high energy class combines weights with cardio exercises. **Level 1 or 2**

**Water Bootcamp:** Take your water workout to the next level. Sign up for the next 6 week class series. **Additional fee applies.**

**Water Volleyball:** All the fun...without the sand. A great time for those wanting a little fun in their day. **All levels welcome.**

**Level 1:** Beginner to Intermediate (Advanced welcome to all classes)

**Level 2:** Intermediate to Advanced (Beginners welcome to all classes)

**Instructors will give modifications for all levels.**

**Always work at your own pace and modify exercises when needed.**

**Please ask questions when in doubt and inform your instructor of any special needs or concerns.**

**We are here to help.**