



# Splash up your routine with **Aqua Fitness**

Enjoy low-impact classes in the water that promote cardio stamina, strength, and flexibility.

Register for classes up to 6 days in advance through the Club app or through your member portal online.

Maximum of 9 participants per class.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 am		<b>Aqua Sport</b> Heidi				
7:00 am	<b>Hydro Therapy</b> Joel				<b>Hydro Therapy</b> Joel	
8:00 am			<b>Aqua Jogging</b> Paula			
7:15 pm				<b>Hydro Fusion</b> Heidi		

*See reverse for class descriptions*

# Aqua Fitness Classes

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## Aqua Sport

with Heidi

Tuesday 6:15 - 7:15 am

This moderate to high intensity deep water class will use a variety of exercises to enhance cardiovascular while strengthening and toning muscles. Participants must be comfortable in deep water.

## Aqua Jogging

with Paula

Wednesday 8:00 - 9:00 am

Learn how to use the The AquaJogger® buoyancy belt to improve fitness without impact and weight bearing limitations. The AquaJogger® buoyancy belt comfortably suspends you at shoulder level in deep water allowing you to breathe normally and move freely while performing a wide variety of water exercises. Class will also include a general introduction to water fitness and the various equipment used in aqua classes. Participants should be comfortable in deep water. This class is appropriate for adults of all ages and fitness levels.

## Aqua Fusion

with Heidi

Thursday 7:15 - 8:15 pm

This aqua class utilizes aqua bells to provide a low impact workout using drag resistance training. Resistance is created while carrying out a variety of exercise tempo's to target a full body workout, keeping joints healthy and reducing the risk of injury. Working opposing muscle groups is the goal to help achieve muscle balance and symmetry.

## Hydro Therapy Training

with Joel

Monday 7:00 - 8:00am

Friday 7:00 - 8:00am

Bring out your inner athlete and train in the water with this high intensity, skills and drills workout. Enhance your Cardio Stamina and Condition your entire body using the water as your resistance. This class will be held in the lap pool and will utilize both the shallow and deep end.