

Aqua Fit Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00a – 9:45a Aqua Jazz Instructor: Gayle	8:00a – 8:45a Aqua Fit Instructor: Gwen	9:00a – 9:45a Aqua Jazz Instructor: Gayle	8:00a – 8:45a Aqua Fit Instructor: Gwen	8:00a – 8:45a Aqua Blast Instructor: Kathy	12:00p – 12:45p Hydropower Instructor: Vicki
10:00a – 10:45a Cardio Splash Instructor: Sue	11:00a – 11:45a Hydro Fit Instructor: Gayle	10:00a – 10:45a Aquabata Instructor: Sue	11:00a – 11:45 Hydro Fit Instructor: Gayle		

Aqua Jazz: Using jazz and a variety of music to implement strength, core, and balance techniques in both deep and shallow water using a variety of equipment.

Cardio Splash: Focus is on aerobic fitness and muscular specific training. Every muscle group will be worked for 3-5 minutes with a cardio burst between sets. Options are provided to accommodate all fitness levels.

Aqua Fit: Aqua Fit is a moderate impact class with suggested low impact modifications when needed. A variety of moves utilize the water's resistance and waist to chest depth to improve cardio, strengthen major muscle groups and promote stability and improved balance.

Hydro Fit: Using a variety of music, equipment and each person's ability to perform in deep and shallow water achieving core, strengthening endurance, and balance.

Aquabata: Interval training in tabata format. Twenty second work cycle followed by 10 seconds of rest. Participants are encouraged to work at their own speed and level of intensity.

Aqua Blast: 30 minutes of aerobic fitness, using a whole body workout. 15 minutes of strength training. Accommodations for your personal fitness level are available.

Hydropower: A high-energy cardio workout that also uses resistance for strength training. Great for circulation and easy on joints. Fun and safe for all fitness levels.

