



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**GROUP FITNESS CLASS SCHEDULE  
SUMMER I SESSION  
ADULT AQUATIC FITNESS CLASSES  
June 3 - July 13, 2019**

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>8:00-8:45 AM</b>	Deep Water Exercise	Aqua Zumba®	Deep Water Exercise	Aqua Zumba®	Deep Water Exercise	
<b>9:00-9:45 AM</b>	Aqua Fit	H2O Bootcamp (Strong Swimmers)	Aqua Step (9:15-10:00 AM)	H2O Bootcamp (Strong Swimmers)	Aqua Fit	Aqua Zumba®
<b>2:00-2:45 PM</b>	Arthritic Aquatics		Arthritic Aquatics		Arthritic Aquatics	





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## **GROUP FITNESS CLASS DESCRIPTIONS:**

**AQUA FIT:** This 45-minute class is perfect for the aquatic enthusiasts. Spend 25 minutes elevating your heart rate, followed by strength conditioning for a total body workout. **Instructor - Staci**

**AQUA STEP:** You will use a weighted aquatic step in the water. It is a powerhouse aquatic class, with purposeful controlled movements, alignment, balance, awareness of breath, flow and cardio all fused into one. **Instructor - Staci**

**AQUA ZUMBA®:** This class is for anyone looking to make a splash by adding low impact/high energy into their fitness routine. Aqua Zumba® blends the Zumba philosophy with water resistance for one pool party you shouldn't miss! **Instructor - Staci, Saturday - Michelle**

**ARTHRITIC AQUATICS (ARTHRITIS FOUNDATION AQUATIC PROGRAM):** This class is a low intensity, low impact 45-minute workout following the Arthritis Foundation Aquatic Program. Benefits may include, improved range of motion, joint flexibility, muscle strength, endurance, reduction in pain and stiffness, and balance control. Non-Member Fee: \$30 per session. **Instructor - M.E.**

**DEEP WATER EXERCISE:** This is a fun filled workout that builds strength, endurance and cardiovascular fitness without impact or stress on your joints. Participants need to be comfortable in deep water. Float belts and resistance equipment are provided.

**Instructor - Carey**

**H2O BOOTCAMP (Advanced/Strong Swimmers ONLY)** - This class leads you through a rugged workout of sports drills, circuits and interval/weight training. Using the properties of water, these exercises are designed to improve your strength and stamina. **MUST** be a strong swimmer. **MUST** be able to swim long distances and quickly move in and out of the water. **Instructor - Lynnae**