



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

**GROUP FITNESS CLASS SCHEDULE  
WINTER I SESSION  
ADULT AQUATIC FITNESS CLASSES  
January 2 - February 16, 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 Aerobics	Deep Water Exercise	Aqua Aerobics	Deep Water Exercise	
<b>9:00-9:45 AM</b>	Aqua Zumba®	Aqua Fit	Aqua Zumba®	Aqua Fit	Aqua Fitness	Aqua Zumba®
<b>2:00-2:45 PM</b>	Arthritic Aquatics		Arthritic Aquatics		Arthritic Aquatics	
<b>5:45-6:15 PM</b>	Aqua Fitness		Aqua Fitness			





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## **GROUP FITNESS CLASS DESCRIPTIONS:**

**AQUA AEROBICS:** Aqua Aerobics can be a fun way to get and stay fit. Jump right in and build cardiovascular fitness. Easy on your joints, and adaptable for all fitness levels. **Instructor - Cheryl**

**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 FITNESS:** Get your heart rate up with this quick 30-45 minute aqua aerobic class.

**Instructor - Andi**

**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 - Cheryl**

**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 - Gerry**