

water fitness schedule

Valid through February 19, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-7:45 AM STRETCH-N-FLEX	7-7:45 AM STRETCH-N-FLEX	7-7:45 AM STRETCH-N-FLEX		7-7:45 AM STRETCH-N-FLEX	
8-8:45 AM TONE-N-FLEX	8-9 AM YOUNG AT HEART	8-8:45 AM TONE-N-FLEX	8-9 AM YOUNG AT HEART	8-8:45 AM TONE-N-FLEX	8-9 AM AQUA ZUMBA
9-9:45 AM WATER CARDIO	9-9:45 AM WATER PILATES	9-9:45 AM WATER CARDIO	9-9:45 AM WATER PILATES	9-9:45 AM WATER CARDIO	
9:45-10 AM SUBMARINE		9:45-10 AM SUBMARINE		9:45-10 AM SUBMARINE	
11-11:45 AM WATER CARDIO	11-11:45 AM ARTHRITIS	11-11:45 AM WATER CARDIO	11-11:45 AM ARTHRITIS	11-11:45 AM WATER CARDIO	
11-11:45 AM DEEP WATER	11-11:45 AM DEEP WATER	11-11:45 AM DEEP WATER	11-11:45 AM DEEP WATER	11-11:45 AM DEEP WATER	
1-1:45 PM ARTHRITIS		1-1:45 PM ARTHRITIS		1-1:45 PM ARTHRITIS	
7-8 PM WATER CARDIO	7-8 PM WATER CARDIO	7-8 PM WATER CARDIO	7-8 PM WATER CARDIO		

Water Fitness Classes Descriptions

Arthritis is a certified Arthritis Foundation program aimed at those suffering from arthritis and other joint problems. A physician's approval is recommended.

Water Cardio is a fast-paced cardio workout in the shallow end.

Stretch-N-Flex is a mild cardiovascular program designed to improve balance and stamina. Perfect for beginners and takes place in shallow water.

Young at Heart is a high energy combining aerobics, toning, and stretching.

Tone-N-Flex will get those muscles in shape while working your heart. This is a higher cardio class.

Deep Water is a non-impact class designed to get your body in shape as you remain suspended in deep water. Flotation devices are used.

Water Pilates will tone and strengthen core muscles in a relaxing warm water environment. Great for balance and posture and for both men and women.

Aqua Zumba incorporates dance and fitness moves to mostly latin music. Because of the resistance of the water, movements will be slower and adjusted to water environment. This class offers cardio conditioning and body toning while splashing, twisting, shouting and laughing.

Submarine consists of upper body, muscular aerobics with the use of dumbbells, noodles, and plates.