



Fall 2018 Water Fitness Schedule

Effective: Sept. 4, 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30 AM BOOGIE BOOTCAMP	9:00-10:00 AM HI - LO H2O	9:00 - 9:45 AM AQUATIC YOGA 6:30 - 7:30 PM** AQUA INTERVALS	9:00-10:00 AM SILVER SPLASH	9:00-10:00 AM SELF DIRECTED	9:00-10:00 AM AQUA FLOW	8:30 - 9:30 AM HI - LO H2O

- Aquatic Intervals A great blend of cardio and muscle conditioning. Aquatic barbells used for strengthening.
- Aqua Flow A moderate practice combining cardio conditioning, strength training, aquatic pilates and aquatic yoga.
- Aquatic Yoga A gentle practice in shallow and deep water with emphasis on flexibility and core strength.
- Boogie Bootcamp A high energy workout with some great music. Aerobic Training plus resistance exercise to build endurance and strength.
- HI-Lo H2O: Water Exercise using shallow and deep water for muscle and cardio conditioning.
- Silver Splash: Water exercise to improve balance, flexibility and endurance: equipment used to enhance workout.
- Self Directed Basic water exercise workouts are available for members to follow. (no instructor).

If you are new to water fitness, please arrive early and inform the instructor.

If you must leave class early please notify the instructor at the beginning of class.

** Tuesday 6:30-7:30pm class - Two lanes are allotted for this class. **