



Fall/Winter 2016 Water Fitness Schedule

Effective: Sept. 6, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30am WATER WORKS	9:00-10:00am HI - LO H2O	9:00 - 9:45AM WATER YOGA 7:15 - 8:15pm Hi - Lo H2O	9:00-10:00am SILVER SPLASH		9:00-10:00am AQUA FLOW	8:30 - 9:30am HI - LO H2O

Deep Water Class: No Impact exercise using the deep water with floatation belts.

HI-Lo H2O: Water Exercise using shallow and deep water for muscle and cardio conditioning.

Silver Splash: Senior exercise to improve balance, flexibility and endurance: equipment used to enhance workout.

Water Works: Work the properties of water for core and muscle strength, with equipment.

Aqua Flow: Practicing water yoga, pilates and aerobics for a wonderful water workout.

Water Yoga: Practicing yoga poses in both shallow and deep water.

Note: Please arrive on time for classes. If you are new to water fitness, you should arrive early and let the instructor know. Anyone leaving early should tell the instructor before the start of class.