



## Summer 2019 Water Fitness Schedule

Effective: May 25, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30 AM BOOGIE BOOTCAMP  Larisa	9:00-9:45 AM HI - LO H2O  Larisa	9:00 - 9:45 AM AQUATIC YOGA  Eileen	9:00-9:45 AM SILVER SPLASH  Beth	9:00-9:45 AM Interval Mania  Larisa	9:00-9:45 AM AQUA FLOW  Eileen	9:00-10:00 AM HI - LO H2O  Josephine

- 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.
- Interval Mania        Cardio/Resistance will focus on a total body workout for all abilities

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.