



Summer 2018 Water Fitness Schedule

Effective: 6/18/2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30am Boogie Bootcamp	9:00 - 9:45AM HI - LO H ₂ O	9:00 - 9:45AM WATER YOGA	9:00 - 9:45AM SILVER SPLASH	9:00 - 9:45AM Self Directed	9:00 - 10:00AM AQUA FLOW	9:00 - 10:00am HI - LO H ₂ O

- 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.
- Water Works: Work the properties of water for core and muscle strength, with equipment.
- Aqua Flow: A moderate practice combining cardio, strength training with aquatic barbells, pilates and aquatic yoga.
- Aquatic Yoga: A gentle yoga practice in shallow and deep water with emphasis on flexibility and core st
- Self Directed Basic water exercise workouts are available for members to follow. (no instructor).

Note: If you are new to water fitness, please arrive early and inform the instructor.
If you must leave early please inform the instructor before the start of class.