



Water Walking & Water Fitness

ver. 8.17.22

Hi-Lo H20: A low impact but high intensity class designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance in the shallow and deep water.

Aqua Yoga: A unique cardio workout with a blend of Yoga and Pilates exercises in the shallow and deep water.

Water Walking: Designed to give participants their choice of individual water fitness; such as water walking or your own fitness water workout in the shallow or deep end of the pool. This class is self directed.

Effective: 8/22/22

Monday	9:00am - 10:00am - Hi-Lo H20 w/ Eileen
Tuesday	9:00am - 10:00am - Water Walking (Self Directed)
Wednesday	9:00am - 10:00am - Aqua Yoga w/ Eileen
Thursday	9:00am - 10:00am - Water Walking (Self Directed)
Friday	9:00am - 10:00am - Water Walking (Self Directed)
Saturday	8:30am - 9:30am - Water Walking (Self Directed)

