

Aquatic Fitness Schedule

JULY 1-31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:10 - 9:00 am Aqua Fit Xtreme Kelly	8:30 - 9:30 am A.B.C. Stephanie/ Varies	8:00 - 9:00 am Silver Aquacise Karla/ Lindsey	8:30 - 9:30 am A.B.C. Stephanie/ Varies		
	9:30 - 10:30 am Arthritis/ROM Stephanie/ Varies		9:30 - 10:30 am Arthritis/ROM Stephanie/ Varies	9:00 - 10:00 am A.B.C. Karla	
12:00- 1:00 pm Hydro Power Stephanie	12:00- 1:00 pm Hydro Power Charlotte	12:00- 1:00 pm Hydro Power Stephanie		12:00- 12:45 pm Hydro Power Darlene	
	6:05 - 7:05 pm Kick & Punch Sheilah C.		6:05 - 7:005pm Aqua Fit Xtreme Sheila B.		



**NO Water Aerobic Classes
Monday, July 5th**



Aquatic Fitness Class Descriptions

A.B.C. - (Aquatic Body Conditioning) - Expect 30 minutes of cardio, toning with the aqua barbells, and stretching. Abdominals and arms are primary focus of toning. This class is the not a beginner class. Medium to high intensity.

Abs & Core– Toning focus on abdominals, back, and hip flexors to strengthen your trunk.

Arthritis/ROM- Medium/Low intensity workouts in Teaching Pool. Focus on range of motion and balance to increase movement due to Arthritic conditions.

Aqua Fit Xtreme- Expect 35-45 minutes of high intensity cardiovascular workout in Teaching Pool. Abdominals and toning are included in all Aquatic Fitness Classes. Open to all ages.

Aqua Jog + Tone- High/Medium intensity workouts in Lap Pool. A combination of aerobics/biking/running in deep water.

Hydro Power- Expect 30-40 minutes of medium/high intensity. Some hopping, jumping during cardio workout. Abdominals and toning is included in all Aquatic Fitness Classes.

Kick & Punch- High intensity martial arts and kickboxing in the water. Open to all ages.

Silver Aquacise- Medium intensity workouts in Activity Pool. Open to all ages. Beginners are encouraged to attend this class.