

WATER AEROBICS SCHEDULE

Winter 2024 (Jan 31-Mar 31)



| TIME | CLASS | FEE | STUDIO | INSTRUCTOR |
|------------------|---------------------------|-------------------------------|--------|---------------|
| MONDAY | | | | |
| 8:30–9:15 am | Fun & Fit (Shallow) | Free | POOL | Chariss |
| TUESDAY | | | | |
| 8–8:45 am | Pool Party (Shallow) | Free | POOL | Pia |
| 9–9:45 am | Wave Warrior (Shallow) | \$10/class \$80/10 classes | POOL | Pia |
| 5:45–6:30 pm | Pool Party (Shallow) | Free | POOL | Pia |
| WEDNESDAY | | | | |
| 8:30–9:15 am | Fun & Fit (Shallow) | Free | POOL | Chariss |
| THURSDAY | | | | |
| 8–8:45 am | Arthritis | \$10/class \$80/10 classes | POOL | Bebe/Valencia |
| 9–9:45 am | Aqua HYPE | \$10/class \$80/10 classes | POOL | Malik |
| FRIDAY | | | | |
| 8–8:45 am | Form & Function (Shallow) | Free | POOL | Bebe |
| 9–9:45 am | Core-Cardio (Deep) | Free | POOL | Bebe |

WATER AEROBICS CLASS DESCRIPTION

Arthritis A variety of water-based exercises for those who have difficulties exercising due to arthritis. The class includes range of motion and muscle strengthening exercises that help support day-to-day function. Led by Arthritis Foundation certified instructors.

Aqua HYPE This class will get you hyped-up with strength and conditioning exercises. The workout focuses on ab work and leg strength with and without impact.

Core-Cardio Focuses on core work, leg work and aerobic endurance without impact. The class will take advantage of the unique water properties to increase aerobic capacity and add muscular endurance in the same workout.

Form and Function This shallow water class will be focusing on getting the most out of every exercise. Strong emphasis on posture, balance, exercise purpose, muscular and cardio endurance using a wide variety of formats such as intervals, circuits and supersets.

Fun and Fit This low impact, but high intensity water class will work every part of the body.

Pool Party We'll mix it up with a fusion of Cardio Dance, Power Aquatics, and muscle toning set to a great mix of music. Big focus on cardio. This fun fluid dance workout gives you an energizing and creative workout while mixing it up to keep it fun. All fitness levels.

Wave Warrior This intense CrossFit workout will crush calories while building strength, power and endurance. Great for any age and fitness level. Get ready to step it up large with our exclusive equipment from HydroRevolution and jump into a high intensity aquatic workout like no other. Moderate to high intensity.