



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Water Fitness Classes– FREE WITH MEMBERSHIP! Fall Schedule ~ September 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am-8:55am Strength & Balance Katy **	8:30am-8:55am Stretch-N-Tone Donna *	8:30am-8:55am Tabata Katy *****	8:30am-8:55am Aqua Fix Katy ***	8:30am-8:55am Deep Water Kristen **
9:00am-10:00am Aqua Zumba Katy ****	9:00am-10:00am Power Splash Donna ***	9:00-10:00am Stretch & Focus Lydia *	9:00am-10:00am Aqua Zumba Katy ****	9:00am-10:00am Water Barre Kristen ****
6:15pm-7:00pm Aqua Jog Jill ***	6:15pm-7:00pm Aqua Fix Katy ****	6:15pm-7:00pm Aqua Jog Jill ***	6:15pm-7:00pm Aqua Zumba Anna ****	
7:00pm-7:30pm Total Muscle Conditioning Jill ****		7:00pm-7:30pm Deep Water Jill **		

* = 1 star -depicts low impact and intensity up to 5 stars depicting higher impact, intensity and cardiovascular demands.

Each class is categorized by stars to show you the intention of the class. We encourage everyone to come try all of our classes. When you add water to fitness, there is minimal pounding on joints . Every class can be modified or elevated to meet your needs. Our classes range in intensity and stamina.

Aqua Jog: Shallow End: A class for all ages and fitness levels. Music to move and groove by. Exercise that will leave you feeling like you have worked out from your head to your toes!

Aqua Fix: Inspired by popular land base programs, this class transitions muscle conditioning into the pool. Strength, tone and core will be the focus with a shout out to cardio elements.

Aqua Zumba: Dance to the beats of Latin and International Rhythms. A modified Zumba® class that recreates the moves you love and adds water for resistance!

Deep Water: Full pool workouts to improve your balance and core strength. Rehab friendly & no stress on joints.

Power Splash: Moderate intensity workout while rocking to the beats of the oldies. Incorporates the use of weights and stretch.

Strength & Balance: Low cardio class with a focus on joints and muscles strength. Perfect class for one with arthritis or physical therapy needs.

Stretch & Focus : Mental relaxation while practicing breathing techniques, centering, balance, core control and free-flow forms. Elements of Tai Chi fused with stretching.

Stretch-N-Tone: 30 minute class that will focus on deep stretching of muscles. The weightlessness of your body in the water will allow you to stretch in areas that are difficult to stretch on land.

Tabata: 30 minutes of high intensity interval cardio exercises! Do what you can do for 20 seconds and rest for 10! Before you know it 30 minutes will have passed and your workout is done for the day!

Total Body Conditioning: A class for those looking to get back into fitness! This class works every muscle and will leave you feeling tone and fit.

Water Barre: Designed to trim, tighten and tone your entire body with emphasis on defining your glutes and legs! Takes traditional ballet and Pilates moves, adapted to the water for low impact on joints.

Water Interval Motion: You will find yourself counting out loud as you mix it up with intervals. Pre-and post workout stretch. You will be moving in the water to create a great resistant workout.