



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Torigian Water Fitness Classes - FREE WITH MEMBERSHIP!

Fall Schedule - begins Sept. 1, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		6:30-7:30AM Aqua Zumba Katy *****		
8:30-9:00am Deep Water Kristen **	8:30-8:55am Stretch-n-Tone Donna *	8:30-8:55am Tabata Lydia *****	8:30-9:00am Cardio Splash Marie ***	8:30-8:55am Strength & Balance Katy **
9:00-10:00am Interval/Water Barre Kristen ****	9:00-10:00am Power Splash Donna ***	9:00-10:00am Stretch, Move, & Focus Lydia ***	9:00-10:00am Cardio Splash Marie ***	9:00-10:00am Aqua Fix Katy ****
6:15-7:00pm Aqua Jog Jill ***	6:15-7:00pm Total Body Conditioning Jill ***	6:15-7:00pm Total Fitness Nick ****	6:15-7pm Aqua Zumba Anna ****	

*=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

Torigian Water Fitness Classes - FREE WITH MEMBERSHIP!

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

Aqua Fix - A mix of body movements and types of exercises to provide you with an total, all encompassing, workout.

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 - Deep end pool workouts to improve your balance and core strength. Rehab friendly and no stress on joints.

Full Body Strength - Workouts for your entire body. Build cardiovascular endurance, core strength, and muscle endurance through exercises targeting specific muscles using the water for resistance.

Cardio/Power Splash - Cardio 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 muscle strength. Perfect class for one with arthritis or physical therapy needs.

Stretch, Move, & Focus - Moderate intensity cardio exercise with elements of mental relaxation while practicing breathing techniques. Cardio vascular exercise, core control and free flow forms will be used along with elements of Tai Chi fused with stretching.

Stretch-N-Tone - Stretch and tone your body in the no impact water fitness class. Great for those with joint problems or recovering from an injury.

Tabata - 30 minutes of high intensity interval cardio exercises! Do what you can 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 - Works the whole body in a fun and energizing regimen. Mild intensity.

Total Fitness - A class for those looking for high intensity fitness! 5 minutes of cardio and muscle work followed by a 30 second rest. This class mainly works legs and core muscles and will leave you feeling tired but strong.

Water Interval 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.