



# **WATER FITNESS**

**WINTER SCHEDULE\* – EFFECTIVE JANUARY 5, 2018**

*All classes are now 50 minutes in length unless stated otherwise.*

	A.M.		P.M.
<b>Monday</b>	8:15 – 9:05 <b>Aqua Deep</b> Geraldyn	9:10 – 10:00 <b>Aqua Walking Plus</b> Geraldyn	6:30 – 7:20 <b>Aqua Fit</b> Beth
<b>Tuesday</b>	8:15 – 9:05 <b>Aqua Power &amp; Strength</b> Colleen	9:10 – 10:00 <b>Aqua Fit</b> Colleen	6:10 - 7:00 <b>Aqua Fit</b> Cathy
<b>Wednesday</b>	8:15 – 9:05 <b>Aqua Flexion</b> Janice	9:10 – 10:00 <b>Aqua Power &amp; Strength</b> Kris	
<b>Thursday</b>	8:15 – 9:05 <b>Aqua Power &amp; Strength</b> Colleen	9:10 – 10:00 <b>Aqua Fit</b> Colleen	6:10 - 7:00 <b>Aqua Deep</b> Cathy
<b>Friday</b>	8:00 – 8:50 <b>Aqua Deep</b> Colleen	9:00 – 9:50 <b>Aqua Power &amp; Strength</b> Kris	
<b>Saturday</b>	<b>55 min Class!</b> 8:00 – 8:55 <b>Aqua Boot Camp</b> Colleen		
<b>Sunday</b>			

**(PROGRAM NOTES AND DESCRIPTIONS ON REVERSE)**

# **WATER FITNESS PROGRAM DESCRIPTIONS**

## **LOW TO MODERATE INTENSITY CLASSES:**

***GOOD FOR ALL ADULTS INCLUDING PREGNANT WOMEN***

**Aqua Flexion:** Come enjoy a very effective low impact workout that is great for everyone – especially those that are beginners to the water or have specific medical conditions or injury. Simple walking and stretching routines in the shallow water, combined with noodles or other pool equipment, will help increase flexibility and balance to aid in your daily functioning.

**Aqua Walking Plus:** Take water walking to the next level with combo moves and additional strength training to increase endurance.

**Aqua Fit:** A moderate intensity shallow water training program designed for varying fitness levels and abilities. Choreographed routines to music will focus on a total body workout with adaptations given for lower and higher intensities to suit your needs. This is a great, well-balanced exercise option that, because of the water's buoyancy, will leave you energized and physically fit without the excessive impact on joints.

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## **MODERATE TO HIGHER INTENSITY CLASSES:**

***GOOD FOR MORE FIT INDIVIDUALS AND CROSS-TRAINING***

**Aqua Deep:** This class is conducted in the deep end of the pool wearing floatation belts – appealing to individuals who like a more challenging workout and/or who require an impact-free exercise option. Unrestricted, full range of motion movements paired with more intense routines constantly challenge your core musculature and cardiovascular system. A great tummy blaster!

**Aqua Power & Strength:** A total body workout in the shallow-end of the pool designed to power-up your cardiovascular conditioning with a focus on the core, muscle flexibility and strength. Bring your fitness level to a higher level with this great total body workout!

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## **HIGH INTENSITY CLASSES:**

***GOOD FOR VERY FIT INDIVIDUALS AND CROSS-TRAINING***

**Aqua Boot Camp:** *A 55 minute class!* A super-charged workout that takes many land cardio training techniques to the water for a fat-blasting, high-intensity cardio routine that is much less impactful on your body and joints because of the water's buoyancy. Interval, plyometric, and Tabata training techniques are all used and combined with specific water fitness moves to make this the ultimate, low-impact exercise program offered!

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**\*SCHEDULE SUBJECT TO CHANGE.** Instructors and class offerings are listed for your reference, however changes or substitutions may occur as circumstances require.

For questions or comments, please contact Colleen Keelan, Wayside Water Fitness Director at [colleenkeelan@waysideathleticclub.com](mailto:colleenkeelan@waysideathleticclub.com).