



# WATER FITNESS

 LATE FALL SCHEDULE EFFECTIVE NOVEMBER 1, 2018\*

\*Classes are 50 minutes in length unless stated otherwise.

	A.M.	A.M.	A.M.	A.M.	P.M.
<b>Monday</b>	8:00 – 8:50 <b>Aqua Deep</b> Geralyn		9:00 – 9:50 <b>Aqua Walking Plus</b> Geralyn		5:00 – 5:50 <b>Aqua Fit</b> Beth
<b>Tuesday</b>	8:00 – 8:50 <b>Aqua Challenge</b> Colleen		9:00 – 9:50 <b>Aqua Fit</b> Colleen		6:15 – 7:00 (45 min) <b>Aqua Deep</b> Cathy
<b>Wednesday</b>		8:30 – 9:15 (45 min) <b>Aqua Power &amp; Strength</b> Kris		9:15 - 10:00 (45 min) <b>Aqua Basics</b> Janice	
<b>Thursday</b>	8:00 – 8:50 <b>Aqua Challenge</b> Colleen		9:00 – 9:50 <b>Aqua Fit</b> Colleen		
<b>Friday</b>	8:00 – 8:45 (45 min) <b>Aqua Deep</b> Colleen	8:45 – 9:30 (45 min) <b>Aqua Power &amp; Strength</b> Kris		9:30 – 9:45 (15 min) <b>Aqua P&amp;S w/ Barre Focus</b> Kris	Varying Times** <b>Fantastic Aqua Fridays!</b> See Program Schedule Below
<b>Saturday</b>	8:00 – 8:55 (55 min) <b>Aqua Boot Camp</b> Colleen				
<b>Sunday</b>	<b>No Scheduled Classes</b>				

<b>Fantastic Aqua Fridays!**</b>	<p>1<sup>st</sup> &amp; 3<sup>rd</sup> Friday Nights of the Month – <b>Aqua Blend</b> with Cathy (6:15 – 7:00PM)            2<sup>nd</sup> Friday Night of the Month – <b>Aqua Hi/Lo with Noodles</b> with Janice (6:15 – 7:00PM)            4<sup>th</sup> Friday Night of the Month – <b>Aqua Zumba®</b> with Jessica/Kathy F. (6:00 – 6:50PM)  <i>Note – No class on Friday, 11/23 (day after Thanksgiving).            Aqua Zumba will be held instead on Friday, 11/30.</i></p>
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## **WATER FITNESS PROGRAM DESCRIPTIONS**

### **LOW TO MODERATE INTENSITY CLASSES: GOOD FOR ALL ADULTS INCLUDING PREGNANT WOMEN**

**Aqua Basics:** 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.

**NEW! Aqua Blend:** Pilates is coming to the water for this new Friday night class! Traditional water exercise will be used to sustain a comfortable body temperature in order to blend the benefits of breathing and muscle control gained from Pilates conditioning. Emphasis will be placed on core strength and stretching the extremities utilizing the buoyancy and resistance of the water. All fitness levels will benefit! Class will be conducted in the shallow and deep ends of the pool (with support of flotation equipment such as noodles) on the 1<sup>st</sup> & 3<sup>rd</sup> Friday nights of every month.

**NEW! Aqua Hi/Lo with Noodles:** This class is all about loving noodles! Throughout the entire class, pool noodles are used and combined with both high and low intensity moves to work arms, legs, core, and balance. This unique and special work-out routine will be offered on the 2<sup>nd</sup> Friday night of every month.

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

**Aqua Zumba®:** Splash your way into shape with an invigorating low-impact aquatic exercise that's high in energy but easy on your body. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning, body-toning, and most of all, *exhilarating beyond belief!* Offered on the 4<sup>th</sup> Friday night of every month.

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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 flotation 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 Fit:** A moderate intensity shallow water training program designed for varying fitness levels and abilities. Choreographed routines 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.

**Aqua Power & Strength (P&S):** 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. *Barre focus* on Fridays extends strength, balance, and flexibility training with isometric moves done by holding the edge of the pool wall.

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### **HIGH INTENSITY CLASSES: GOOD FOR VERY FIT INDIVIDUALS AND CROSS-TRAINING**

**Aqua Challenge:** High intensity interval training (HIIT) is combined with shallow water fitness routines for a *work out that will sure to challenge even the fittest individuals!*

**Aqua Boot Camp:** A 55 minute class! A super-charged boot camp style class that combines the best of shallow water high intensity training with the strength and core conditioning of deep water exercise. Come *experience the full range of pool depths* to heighten your cardio endurance and muscle conditioning!

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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).