



WATER FITNESS

FALL SCHEDULE - EFFECTIVE SEPTEMBER 3, 2019*

*Classes are 50 minutes in length unless stated otherwise.

	A.M.	A.M.	A.M.	A.M.	P.M.
Monday	8:00 – 8:50 <i>Aqua Deep</i> Geralyn		9:00 – 9:50 <i>Aqua Walking Plus</i> Geralyn		5:00 – 5:50 <i>Aqua Fit</i> Beth
Tuesday	8:00 – 8:50 <i>Aqua Challenge</i> Colleen		9:00 – 9:50 <i>Aqua Fit</i> Colleen		6:15 – 7:00 (45 min) <i>Aqua Deep</i> Cathy
Wednesday		8:30 – 9:15 (45 min) <i>Aqua Power & Strength</i> Kris		9:15 - 10:00 (45 min) <i>Aqua Basics</i> Janice	
Thursday	8:00 – 8:50 <i>Aqua Challenge</i> Colleen		9:00 – 9:50 <i>Aqua Fit</i> Colleen		
Friday	8:00 – 8:45 (45 min) <i>Aqua Deep</i> Colleen	8:45 – 9:45 <i>Aqua Power & Strength</i> (45 min) <i>Barre Focus</i> (15 min) Kris			New! 5:30 – 6:20 <i>Aqua Fit with Circuits</i> Colleen
Saturday	8:00 – 8:55 (55 min) <i>Aqua Boot Camp</i> Colleen				
Sunday	No Scheduled Classes				

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.

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

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 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.

New! **Aqua Fit with Circuits:** Circuit training is a fun and unique way to enjoy a targeted workout without choreographed routines. Combined with Aqua Fit shallow-water training to warm-up and maintain cardio fitness between sets, participants will move from station to station to tone specific muscle groups with and without the use of equipment such as noodles and barbells. Like Aqua Fit, *this class is designed to be a well-balanced exercise option that targets all major muscle groups and core!*

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.

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!

***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.