



WATER FITNESS CLASS SCHEDULE

Effective January 1, 2021

Morning classes are limited to 12 participants

Evening classes are limited to 9 participants

Classes are 50 minutes in length (unless noted otherwise). **Advance Registration is Required – Starting at 7AM Wednesdays.** **

PLEASE ARRIVE NO EARLIER THAN 5 MIN BEFORE CLASS. All classes will be conducted in shallow water pool depth. Participants will be assigned an appropriate pool position according to height. Those wishing to use the deep end of the pool during a shallow water class are required to bring their own floatation equipment. **Equipment will NOT be provided by Wayside.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:05 AM Aqua Challenge Colleen			8:05 AM Aqua HIIT Combo Colleen	No Classes
				9:05 AM Aqua Zumba® Jo Peng		
	11:05 AM Aqua Power & Strength Kris		11:05 AM Aqua Power & Strength Kris			
5:00 PM (45 min.) Aqua Fit Colleen		5:00 PM (45 min.) Aqua Fit Colleen				

WATER FITNESS CLASS DESCRIPTIONS

AQUA FIT: A low to moderate intensity shallow water training program designed for all 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 properties, will leave you energized and physically fit without excessive impact on joints.

AQUA ZUMBA®: Splash your way into shape with this invigorating low-impact aquatic exercise that is 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 is cardio-conditioning, body-toning and, most of all, fun beyond belief!

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. Aqua *Barre* moves may be incorporated for isometric muscle conditioning to further extend balance and agility.

AQUA CHALLENGE: A higher intensity shallow water training program designed for more fit individuals; although more moderate cues will be offered for those needing less intense options. Plyometric and suspended moves will be incorporated into more complex choreographed shallow-water routines aimed at improving cardio conditioning and full-body muscular training.

AQUA HIIT COMBO: 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!*

****TO REGISTER FOR CLASSES** please email Colleen Keelan, Director of Wayside Water Fitness, at colleenkeelan@waysideathleticclub.com. Class registration for the upcoming week of classes ONLY will begin on **Wednesdays at 7:00AM and end on Sundays at 5:00PM**. *Please email separately all other questions/comments.*

- *Please register starting Wednesday through Sunday by 5:00pm for classes you wish to take for the upcoming week ONLY.*
- *Weekly registration is required.*
- *Class confirmations will be emailed to you 24hrs prior to class*
- *You will also be notified if you are on a waitlist.*

<p><u>What to include in your Class Registration Email:</u></p> <p><u>SUBJECT LINE</u> – WAYSIDE WATER FITNESS CLASS REGISTRATION</p> <p><u>IN THE BODY OF THE EMAIL (ONLY)</u>, please include: YOUR NAME & MEMBER NUMBER CLASS(S) NAME / DATE / TIME</p>	<p><u>Example Email Registration:</u></p> <p><u>Subject Line</u> – Wayside Water Fitness Class Registration</p> <p><u>Body of Email (Only)</u> – Jane Doe, Member # 12345 Aqua Fit Tuesday, July 21 8:30AM Aqua Power & Strength Wednesday, July 22 9:00AM</p>
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