



# WATER FITNESS CLASS SCHEDULE

**Updated** - Effective Jan 1st - March 31st, 2023 All class sizes are limited to 15 participants

Classes are 50 minutes in length (unless noted otherwise). **Advance Registration is Required – Registration can be done 7 days in advance thru the Wayside App.** PLEASE ARRIVE NO EARLIER THAN 5 MIN BEFORE CLASS. All classes will be conducted in shallow water pool depth (with the exception of Aqua Deep). Members may participate in the deep end during any shallow water class with the appropriate equipment. Participants will be assigned an appropriate pool position according to height.

Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
		8:05 AM Aqua HIIT Combo Colleen	11:05 Aqua P&S Kris	8:05 Aqua Deep Colleen	8:05 AM Aqua Boot Camp Colleen	No Classes
5:00pm Aqua Fit Nancy	11:05 AM Aqua Power & Strength Kris		5:00pm 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 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. Aqua *Barre* moves may be incorporated for isometric muscle conditioning to further extend balance and agility.

**AQUA HIIT COMBO:** High intensity interval training (HIIT) is combined with shallow water fitness routines for *a workout that will be sure to challenge even the fittest individuals!*