



# ***WATER FITNESS CLASS SCHEDULE***

***New Winter Schedule - Effective Monday, January 3, 2022***

***All class sizes are limited to 24 participants***

Classes are 50 minutes in length (unless noted otherwise). **\*\*Advance Registration is Required – Starting at 7AM Wednesdays – please email ANDREW HAWKINS, [andrewhawkins@waysideathleticclub.com](mailto:andrewhawkins@waysideathleticclub.com).**

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.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
		8:05 AM <b>Aqua Challenge</b> Colleen			8:05 AM <b>Aqua HIIT Combo</b> Colleen	No Classes
				8:05 AM <b>Aqua Deep</b> Colleen		
	11:05 AM <b>Aqua Power &amp; Strength</b> Kris		11:05 AM <b>Aqua Power &amp; Strength</b> Kris			
5:00 PM <b>Aqua Fit</b> Nancy/Colleen			5:00 PM <b>Aqua Fit</b> 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 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 **ANDREW HAWKINS**, Aquatics Director at [andrewhawkins@waysideathleticclub.com](mailto:andrewhawkins@waysideathleticclub.com). Class registrations for the upcoming week of classes ONLY will begin on **Wednesdays at 7:00AM**. *Please email separately all other questions/comments.*

- *Please register by email starting Wednesday for classes you wish to take for the upcoming week ONLY.*
- *Weekly registration is required.*
- *Class confirmations will be emailed to you starting Thursday.*
- *You will also be notified if you are on a waitlist.*

<p><b><u>What to include in your Class Registration Email:</u></b></p> <p><b><u>SUBJECT LINE</u></b> – WAYSIDE WATER FITNESS CLASS REGISTRATION</p> <p><b><u>IN THE BODY OF THE EMAIL (ONLY)</u></b>, please include: YOUR NAME &amp; MEMBER NUMBER CLASS(S) NAME / DATE / TIME</p>	<p><b><u>Example Email Registration:</u></b></p> <p><b><u>Subject Line</u></b> – Wayside Water Fitness Class Registration</p> <p><b><u>Body of Email (Only)</u></b> – Jane Doe, Member # 12345 Aqua Fit, Monday, July 12, 5:30PM Aqua Power &amp; Strength, Thursday, July 15, 11:05AM</p>
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