



WATER FITNESS CLASS SCHEDULE

Fall, Sept 6th - Dec 31st

All class sizes are limited to 24 participants

Classes are 50 minutes in length ****Advance Registration is Required**** Please scan your membership card at front desk to avoid a no show fee**

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:05 AM Aqua HIIT Combo Colleen		8:05 AM Aqua Deep Colleen	8:05 AM Aqua Boot Camp Colleen	No Classes
	11:05 AM Aqua P&S Kris		11:05 AM Aqua P&S Kris			
5:00 PM Aqua Fit Nancy			5:00 PM Aqua Fit Colleen			

Class Subs and Cancellations
 Sept 3rd AquaBoot Camp, **NO CLASS**
 Sept 5th AquaFit, **NO CLASS**

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 work out that will sure to*

REGISTER FOR CLASSES 7 DAYS IN ADVANCE USING THE MEMBER PORTAL OR APP

Members only. Please log into your member account.

- **From Your Computer Go To: Wayside.ClubAutomation.com**
- **First time accessing your account? Click “Access My Account” and enter your name and email on file at the club. Do not create a duplicate account**
- **From Your Mobile Device: Download the Wayside Athletic Club App and use the same user name and password you set**