# WELCOME BACK!
**EXERCISE & ENERGIZE**

## 2022 Winter Aquatic Fitness

January 3rd—February 26th

### Monday
- **AquaBody Strong** (L) 5:15–5:45 a.m.
- Deep Water Aerobics (L) 6:00–6:45 a.m.
- Aqua Aerobics (R) 7:00–7:45 a.m.
- Senior Aqua (R) 7:45–8:30 a.m. 8:30–9:15 a.m.
- Deep Water Aerobics (L) 9:25–10:10 a.m.
- Aqua Dance (L) 10:15–11:00 a.m.
- Aqualates (R) 11:00 a.m. — 12:00 p.m.
- Vortex Water Power (R) 6:00–6:45 p.m.

### Tuesday
- **AquaBody Strong** (L) 6:00–6:45 a.m.
- Senior Aqua Aerobics (R) 8:30–9:15 a.m.
- Move & Stretch (R) 10:15–11:00 a.m.
- **Vortex Water Power** (R) 11:00–11:45 a.m.

### Wednesday
- **AquaBody Strong** (L) 5:15–5:45 a.m.
- Deep Water Aerobics (L) 6:00–6:45 a.m.
- Aqua Aerobics (R) 7:00–7:45 a.m.
- Senior Aqua (R) 7:45–8:30 a.m. 8:30–9:15 a.m.
- Deep Water Aerobics (L) 9:25–10:10 a.m.
- Aqua Dance (L) 10:15–11:00 a.m.
- Aqualates (R) 11:00 a.m. — 12:00 p.m.
- Vortex Water Power (R) 6:00–6:45 p.m.

### Thursday
- **Deep Water Aerobics** (L) 6:00–6:45 a.m.
- Senior Aqua Aerobics (R) 8:30–9:15 a.m.
- **Move & Stretch** (R) 10:15–11:00 a.m.
- **Vortex Water Power** (R) 11:00–11:45 a.m.
- Aqua Aerobics (R) 6:00–6:45 p.m.

### Friday
- **AquaBody Strong** (L) 5:15–5:45 a.m.
- Deep Water Aerobics (L) 6:00–6:45 a.m.
- Senior Aqua Aerobics (R) 8:30–9:15 a.m.
- Move & Stretch (R) 10:15–11:00 a.m.
- **Vortex Water Power** (R) 11:00–11:45 a.m.
- Aqua Aerobics (R) 6:00–6:45 p.m.
- Rusty Hinges (R) 10:45–11:30 a.m.
- Aqualates (R) 11:00 a.m. — 12:00 p.m.
- Adaptive Aerobics (R) 4:15–5:00 p.m.

### Saturday
- **Aqua Body Strong** 8:00—8:45 a.m.

(L)=Lap Pool  
(R)=Rec Pool

Schedule last updated 12/20/2021
Class Descriptions

AQUA AEROBICS  CLASS FOCUS: Moderate cardio, moderate toning
Improve cardiovascular endurance, muscle strength/tone and flexibility with water weights and a variety of easy to learn exercises with no impact.

AQUA BODY STRONG  CLASS FOCUS: balance, strength, endurance, flexibility
AquaBodyStrong Yoga Fusion is a balance and strength based water-fitness class that uses inflatable, tethered AquaBodyStrong boards for a total body, core strengthening workout for all fitness levels. This training modality challenges the body to maintain proper postural control and alignment while moving through a series of transitional movements on an unsteady surface increasing balance, strength, endurance, flexibility and focus. Special Tuesday classes are geared towards families yet all are still welcome.

AQUA-LATES  CLASS FOCUS: Core toning, no cardio, breathing and posture
Combines the resistance of water with core-toning properties of Pilates to strengthen abs, enhance energy, and improve posture.

MOVE AND STRETCH  CLASS FOCUS: Range of motion, Slight cardio, gentle toning This class includes water walking, stretching, resistance boards, and balance exercises, perfect for those suffering from fibromyalgia or similar conditions.

INTRAMURAL WATER VOLLEYBALL  CLASS FOCUS: Come by yourself, or with a team. Water volleyball is a team sport derived from volleyball in which the games are played in water. Each team consists on 4-6 players. Get your heart rate going and have fun while working out.

DEEP WATER AEROBICS  CLASS FOCUS: Moderate cardio, strong toning
Vigorous, higher intensity water work out that uses floatation aids for buoyancy and water weights for added resistance.

RUSTY HINGES  CLASS FOCUS: Range of motion, no cardio, gentle toning
Class is taught by instructors with guidelines set forth by the Arthritis Foundation. This low impact gentle program is designed to help relieve pain and stiffness caused by arthritis, multiple sclerosis, or post operative rehab from surgery.

SENIOR AQUA  CLASS FOCUS: Mild cardio, moderate toning
Participants will enjoy a mild aerobic workout combined with muscle strengthening and flexibility. Class is 30 minutes of organized group exercise and 15 minutes of toning.

VORTEX WATER POWER  CLASS FOCUS: Strong cardio, strong toning
A high intensity water workout that focuses on cardiovascular training. Uses the currents of the slide’s catch pool for increased endurance, muscle toning, flexibility, and coordination.

Aquatic Class Guidelines:
- Swim suits required at all times. Aquatic footwear may be worn during classes.
- Each class is very easily adjusted for individual comfort and ability level.
- No pre-registration or additional fees for Aquatic Fitness.
- Ages 14 and up and ages 10-13 with a Parent/Guardian.

Schedule last updated 12/20/2021