



## AQUATIC FITNESS CLASSES

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### January 2024 - Class Schedule

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
12/31	<b>1</b>  <b>Happy New Year!</b> <b>We are open 12-5!</b>	<b>2</b> <b>AM</b> 8-9 DW Fitness <b>Corinne</b> 9:05-10 S Aqua Fitness <b>Self-Lead</b> <b>PM</b> 6:00-6:45 S Aqua Blast <b>Corinne</b>	<b>3</b> <b>AM</b> 8-9 DWB Strengthen and Tone <b>Corinne</b> 9:05-10 S Aqua Fit <b>Lindsay</b>	<b>4</b> <b>AM</b> 8-9 DW Strength, Conditioning, & Cardio <b>Lindsay</b> 9:05-10 S Aqua Fit - <b>Lindsay</b> <b>PM</b> 6:10-6:55 S Aqua Zumba - <b>Corinne</b>	<b>5</b> <b>AM</b> 8-9 DW Strength, Conditioning, & Cardio <b>Lindsay</b> 9:05-10 S Aqua Fit - <b>Lindsay</b>	<b>6</b>
7	<b>8</b> <b>AM</b> 8-9 DWB Cardio <b>Self-Lead</b> 9:05-10 S Aqua Fit <b>Lindsay</b> <b>PM</b> 6:00-6:45 S Aqua Blast <b>Tracy</b>	<b>9</b> <b>AM</b> 8-9 DW Fitness <b>Corinne</b> 9:05-10 S Aqua Fitness <b>Lindsay</b> <b>PM</b> 6:00-6:45 S Aqua Blast <b>Corinne</b>	<b>10</b> <b>AM</b> 8-9 DWB Strengthen and Tone <b>Corinne</b> 9:05-10 S Aqua Fit <b>Self-Lead</b>	<b>11</b> <b>AM</b> 8-9 DW Strength, Conditioning, & Cardio <b>Lindsay</b> 9:05-10 S Aqua Fit - <b>Lindsay</b> <b>PM</b> 6:10-6:55 S Aqua Zumba - <b>Corinne</b>	<b>12</b> <b>AM</b> 8-9 DW Strength, Conditioning, & Cardio <b>Corinne</b> 9:05-10 S Aqua Fit - <b>Lindsay</b>	<b>13</b>
14	<b>15</b> <b>AM</b> 8-9 DWB Cardio <b>Self-Lead</b> 9:05-10 S Aqua Fit <b>Lindsay</b> <b>PM</b> 6:00-6:45 S Aqua Blast <b>Tracy</b>	<b>16</b> <b>AM</b> 8-9 DW Fitness <b>Corinne</b> 9:05-10 S Aqua Fitness <b>Self-Lead</b> <b>PM</b> 6:00-6:45 S Aqua Blast <b>Corinne</b>	<b>17</b> <b>AM</b> 8-9 DWB Strengthen and Tone <b>Corinne</b> 9:05-10 S Aqua Fit <b>Self-lead</b>	<b>18</b> <b>AM</b> 8-9 DW Strength, Conditioning, & Cardio <b>Lindsay</b> 9:05-10 S Aqua Fit - <b>Lindsay</b> <b>PM</b> 6:10-6:55 S Aqua Zumba - <b>Tracy</b>	<b>19</b> <b>AM</b> 8-9 DW Strength, Conditioning, & Cardio <b>Corinne</b> 9:05-10 S Aqua Fit - <b>Lindsay</b>	<b>20</b>
21	<b>22</b> <b>AM</b> 8-9 DWB Cardio <b>Self-Lead</b> 9:05-10 S Aqua Fit <b>Lindsay</b> <b>PM</b> 6:00-6:45 S Aqua Blast <b>Tracy</b>	<b>23</b> <b>AM</b> 8-9 DW Fitness <b>Corinne</b> 9:05-10 S Aqua Fit - <b>Lindsay</b> <b>PM</b> 6:00-6:45 S Aqua Zumba <b>Corinne</b>	<b>24</b> <b>AM</b> 8-9 DW Fitness <b>Corinne</b> 9:05-10 S Aqua Fit <b>Lindsay</b>	<b>25</b> <b>AM</b> 8-9 DW Strength, Conditioning, & Cardio <b>Lindsay</b> 9:05-10 S Aqua Fit - <b>Lindsay</b> <b>PM</b> 6:10-6:55 S Aqua Zumba - <b>Corinne</b>	<b>26</b> <b>AM</b> 8-9 DW Strength, Conditioning, & Cardio <b>Corinne</b> 9:05-10 S Aqua Fit - Strength, Conditioning, & Cardio <b>Self-Lead</b>	<b>27</b>
28	<b>29</b> <b>AM</b> 8-9 DWB Cardio <b>Self-Lead</b> 9:05-10 S Aqua Fit <b>Self-Lead</b> <b>PM</b> 6:00-6:45 S Aqua Blast <b>Tracy</b>	<b>30</b> <b>AM</b> 8-9 DW Fitness <b>Corinne</b> 9:05-10 S Aqua Fit - <b>Lindsay</b> <b>PM</b> 6:00-6:45 S Aqua Zumba <b>Corinne</b>	<b>31</b> <b>AM</b> 8-9 DW Fitness <b>Corinne</b> 9:05-10 S Aqua Fit <b>Lindsay</b>	<b>2/1</b> <b>AM</b> 8-9 DW Strength, Conditioning, & Cardio <b>Lindsay</b> 9:05-10 S Aqua Fit - <b>Lindsay</b> <b>PM</b> 6:10-6:55 S Aqua Zumba - <b>Corinne</b>	<b>2/2</b> <b>AM</b> 8-9 DW Strength, Conditioning, & Cardio <b>Corinne</b> 9:05-10 S Aqua Fit - <b>Lindsay</b>	<b>2/3</b>

S = Shallow Water

DW = Deep Water

DWB = Deep Water Blast



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### Class Descriptions

**Aqua Blast** – Churn up the water in this challenging, yet fun shallow water workout. Cardio, strength, flexibility - this class has it all. Maximize your training efforts against the resisted properties of the water and enjoy an exercise session that lessens the impact on your joints. Shallow water.

**Aqua Zumba** – Combining the different Zumba dance rhythms, with vigorous aqua exercises this is one pool party you don't want to miss! The water's resistance cushions your feet, knees and back as you dance the class away! Low-impact but challenging workout. Shallow water.

**Deep Water Blast Cardio** – Get your heart rate up in this fast-paced class designed to burn calories and improve endurance. This class is designed to challenge you to get the most out of your workout as we use the resistance of the water and/or equipment like buoys, kickboards, noodles, etc. Aquabelt is recommended. Deep water.

**Deep Water Blast Cardio and Abs** – Bring your energy and get ready to work hard. This class incorporates a combination of exercises to burn calories and strengthen the abs. Aquabelt is recommended. Deep water.

**Deep Water Blast Strengthen and Tone** – The pool is such a great place to work on strengthening our muscles. In this full body work out you will work against the water to strengthen and tone your muscles. The resistance provided by water aerobics equipment and/or the wall helps to challenge each individual at a level that is best for them. Aquabelt is recommended. Deep water.

**Deep Water Fitness** – Total body fitness using water weights, pool noodles and aquabelts. Combination of low, medium and high intensity exercises. Deep Water.

**Deep Water Strength, Conditioning, & Cardio** – Work and tone every muscle while stretching and moving in deep water. Aquabelt is recommended. Deep Water.

**Shallow Aqua Fitness**– This is a less intense class, but we are still here to get our heart rates up and have fun! Participants are encouraged to challenge themselves at a pace that works for them in this invigorating water aerobics session. Classes alternate between an emphasis on exercises: to keep the heart rate up, improve balance and control, build endurance, strengthen muscles, and enhance flexibility. Shallow water.

**Shallow Aqua Fit - Strength, Conditioning, & Cardio** – Alternating between noodle, water weights, and dancing, this workout will tone every muscle while strength, conditioning, and cardio training. Some Yoga, Pilates, and Tai Chi will be worked in for a well-rounded workout. Shallow Water.