



AQUATIC FITNESS CLASSES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 2024- Class Schedule

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

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 resistance 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. Aqua belt 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. Aqua belt 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 use the resistance of the water to strengthen and tone your muscles. The resistance provided by water aerobics equipment and/or the wall helps to challenge participants. Aqua belt is recommended. Deep water.

Deep Water Fitness – Total body fitness using water weights, pool noodles and aqua belts. 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. Aqua belt 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.