



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**GROUP FITNESS CLASS SCHEDULE
SUMMER II SESSION
ADULT AQUATIC FITNESS CLASSES
July 15 - August 24, 2019**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-8:45 AM	Deep Water Exercise	Aqua Zumba®	Deep Water Exercise	Aqua Zumba®	Deep Water Exercise	
9:00-9:45 AM	Aqua Fit	H2O Bootcamp (Strong Swimmers Only)	Aqua Step (9:15-10:00 AM)	H2O Bootcamp (Strong Swimmers Only)	Aqua Fit	Aqua Zumba®
2:00-2:45 PM	Silversneakers Splash®		Silversneakers Splash®		Silversneakers Splash®	





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GROUP FITNESS CLASS DESCRIPTIONS:

AQUA FIT: This 45-minute class is perfect for the aquatic enthusiasts. Spend 25 minutes elevating your heart rate, followed by strength conditioning for a total body workout. **Instructor - Staci**

AQUA STEP: You will use a weighted aquatic step in the water. It is a powerhouse aquatic class, with purposeful controlled movements, alignment, balance, awareness of breath, flow and cardio all fused into one. **Instructor - Staci**

AQUA ZUMBA®: This class is for anyone looking to make a splash by adding low impact/high energy into their fitness routine. Aqua Zumba® blends the Zumba philosophy with water resistance for one pool party you shouldn't miss! **Instructor - Michelle**

DEEP WATER EXERCISE: This is a fun filled workout that builds strength, endurance and cardiovascular fitness without impact or stress on your joints. Participants need to be comfortable in deep water. Float belts and resistance equipment are provided.

Instructor - Carey

H2O BOOTCAMP (Advanced/Strong Swimmers ONLY) - This class leads you through a rugged workout of sports drills, circuits and interval/weight training. Using the properties of water, these exercises are designed to improve your strength and stamina. **MUST** be a strong swimmer. **MUST** be able to swim long distances and quickly move in and out of the water. **Instructor - Lynnae**

SILVERSNEAKERS SPLASH®: A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training. **Instructor - M.E.**