






## AQUA FITNESS CLASS SCHEDULE DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>SwimFit</b> 6:00-6:45am		<b>SwimFit</b> 6:00-6:45am		
	<b>Aqua HIIT</b> 7:30-8:00am		<b>Aqua HIIT</b> 7:30-8:00am		
		<b>Aqua Abs</b> 7:45-8:00am		<b>Aqua Abs</b> 7:45-8:00am	
		<b>Aqua Zumba®</b> 8:00-8:40am	<b>Aqua Fusion</b> 8:00-9:00am	<b>Aqua Zumba®</b> 8:00-8:40am	<b>WaterInMotion®</b> 8-8:45am
<b>Aqua Fit</b> 8:30-9:30am	 <b>Splash</b> 9:05-10:00am	<b>WaterInMotion®</b> 8:45-9:30am	 <b>Splash</b> 9:05-10:00am	<b>Aqua Fit</b> 8:45-9:30am	
 <b>Splash</b> 9:35-10:30am		 <b>Splash</b> 9:35-10:30am		 <b>Splash</b> 9:35-10:30am	
	<b>Pool Pump it UP</b> 5-5:30pm		<b>Pool Pump it UP</b> 5-5:30pm		<p><b>ALL CLASSES ARE SUBJECT TO CHANGE ANYTIME BASED ON ATTENDANCE</b></p> <p>Classes on the schedule are free with a Premier Plus Membership, Silver Sneaker®, Silver&amp;Fit®, or Day Pass.</p> <p><b>\$3 per class for Premier Members &amp; MState Students.</b></p> <p><b>Ages 12 and up welcome</b></p>
<b>WaterInMotion®</b> 5:30-6:15pm	<b>WaterInMotion®</b> 5:30-6:15pm	<b>Aqua Zumba®</b> 5:30-6:10pm	<b>WaterInMotion®</b> 5:30-6:15pm		
<b>Aqua Deep</b> 6:15-7:00pm		<b>Aqua Core &amp; Tone</b> 6:10-6:30pm			



**Aqua Abs:** Short, effective, fun class to strengthen your core (abs and low back).

**Aqua Core & Tone:** Work your core and muscles with this 20 minute workout

**Aqua Deep:** This class allows participants to use the deep water to get an excellent cardiovascular workout.

**Aqua Fit:** This shallow water fitness class allows participants to take advantage of a great cardio workout with minimum impact on joints.

**Aqua Fusion:** Fast paced cardiovascular workout.

**Aqua HIIT:** High intensity interval training class in the water. This will be a high cardiovascular workout with low impact on joints for all levels.

**Aqua Zumba®:** Make a splash with this Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party.

**Deep Water:** Using aqua belts and the deep end....zero impact. Barbells & noodles may be added for a variety of exercises.

**Pool Pump it UP:** Add the resistance of water, hand weights and noodles and you have a class that will PUMP YOU UP! No swimming is necessary as we will stay in the shallow end, strengthening your muscles, improving our heart rate and work on balance all at the same time.

**SilverSneakers® Splash:** A fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.\*

**SwimFit:** Want to get ready for our indoor triathlon January 20<sup>th</sup>? Join Tracy for some great swim workouts starting December 5<sup>th</sup>.

**Water in Motion®:** A fun aquatic class using a variety of moves to get a great workout in the water. Launches week of October 2<sup>nd</sup>.

**All classes are subject to change at any time based on attendance**