

# AQUA FITNESS CLASS SCHEDULE SEPTEMBER-DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Swim Fit</b> 6-6:45am <i>(Sept. 10-Dec. 17<sup>th</sup>)</i>			<b>Swim Fit</b> 6-6:45am <i>(Sept. 13-Dec. 20<sup>th</sup>)</i>	
<b>Aqua Yoga Flow</b> 8-8:30am (11/4-12/30)	<b>Rockin' to the Oldies</b> 8:00-9:00am	<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>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	
					<p style="text-align: center;"><b>ALL CLASSES ARE SUBJECT TO CHANGE ANYTIME BASED ON ATTENDANCE</b></p> <p>Classes on the schedule are free with a Premier Plus &amp; Short term Membership, Silver Sneaker®, Silver&amp;Fit®, or Day Pass.</p> <p style="text-align: center;"><b>\$3 per class for Premier Members &amp; MState Students.</b></p> <p style="text-align: center;"><b>Ages 12 and up welcome</b></p>
	<b>WaterInMotion®</b> 5:30-6:30pm		<b>WaterInMotion®</b> 5:30-6:30pm		



**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 Yoga Flow:** Slip into the pool and experience a relaxing yoga-inspired 30 minute aqua class. You will practice breathing techniques, vinyasas, and balance postures. Wash away tension & stress.

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

**Rockin' to the Oldies:** Come join Melia and make a splash! Enjoy that classic rock n' roll music all the while burning those calories.

**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.\*

**Swim Fit:** Join USMS certified coach, Tracy Pechmann, for a challenging swim workout. The group will train to build endurance, strength, and improve technique in each of the four competitive swim strokes. Please bring swim goggles and water bottle. *Class is geared for adult swimmers.*

**Water in Motion®:** A fun aquatic class using a variety of moves to get a great workout in the water.

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