

AQUA FITNESS CLASS SCHEDULE SEPTEMBER-DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Swim Fit 6-6:45am <i>(Sept. 10-Dec. 17th)</i>			Swim Fit 6-6:45am <i>(Sept. 13-Dec. 20th)</i>	
Aqua Yoga Flow 8-8:30am (11/4-12/30)	Rockin' to the Oldies 8:00-9:00am	Aqua Zumba® 8:00-8:40am	Aqua Fusion 8:00-9:00am	Aqua Zumba® 8:00-8:40am	
Aqua Fit 8:30-9:30am	 Splash 9:05-10:00am	WaterInMotion® 8:45-9:30am	 Splash 9:05-10:00am	Aqua Fit 8:45-9:30am	
 Splash 9:35-10:30am		 Splash 9:35-10:30am		 Splash 9:35-10:30am	
					<p style="text-align: center;">ALL CLASSES ARE SUBJECT TO CHANGE ANYTIME BASED ON ATTENDANCE</p> <p>Classes on the schedule are free with a Premier Plus & Short term Membership, Silver Sneaker®, Silver&Fit®, or Day Pass.</p> <p style="text-align: center;">\$3 per class for Premier Members & MState Students.</p> <p style="text-align: center;">Ages 12 and up welcome</p>
	WaterInMotion® 5:30-6:30pm		WaterInMotion® 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