

# AQUA FITNESS CLASS SCHEDULE SEPTEMBER-DECEMBER 2018 (updated 11/6/18)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Swim Fit</b> 6-6:45am (Sept.11-Dec.18)			<b>Swim Fit</b> 6-6:45am (Sept.14-Dec. 21)	
	<b>Aqua HIIT</b> 7:30-8:00am		<b>Aqua HIIT</b> 7:30-8:00am		
	<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>WaterInMotion Plus</b> 8:00-8:40am (Nov.2-Nov.30)	
<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		<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 &amp; Short term 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>WaterInMotion®</b> 5:30-6:15pm		
<b>Aqua Deep</b> 6:15-7:00pm					



**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.

**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.\*

**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**