

Aquatic Class Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 10:45a	H2O Resistance Training		H2O Resistance Training		H2O Resistance Training
11:00 - 11:45a	Aqua Flow		Aqua Flow		Aqua Flow
12:00-12:30p		Water Walk		Water Walk	
1:00 - 1:45p		Water Aerobics	Aqua-Core and More	Water Aerobics	
2:00 - 2:45p		Aqua HIIT		Aqua HITT	

Aquatic Class Descriptions

Aqua Flow [Mon.-Wed-Fri 11:00a-11:45a]

Gentle flow at a moderate pace to improving joint range of motion, flexibility, circulation, balance, and body awareness. Participants must be able to follow instructions and control body position during movements.

Aqua HITT [Tues-Thurs. 2:00-2:45p]

30 seconds of high intensity Transitional Training with a 30 second recovery. Utilizing a variety of equipment to deliver a burn over a duration of 45 minutes. Participants must be able to move at high speed and be able to recover quickly.

Aqua-Core and More [Wed. 1:00p-1:45p]

Back and abdominal workout specific for those that are weak and unstable in the mid-session. Participants must demonstrate good balance and able to float during the exercises

H2O resistance Training [Mon.-Wed-Fri 10:00a-10:45a]

Jet resistance training utilizing dumbbells, noodles and resistance bands to create a moderate to high intensity wave of motion that increases your heart rate, builds stamina, improve stability, and reaction time. Participant must be able control equipment utilization and resist the force of the water

Water Aerobics [Tues. -Thurs. 1:00p-1:45p]

This moderate exercise class is designed for those individuals that enjoy a 92 degrees therapeutic pool. The workout sessions include strength, endurance, flexibility training and traveling across the pool. Participant must be able the follow instructions and exercise independently at a moderate to high pace

Water Walk [Tues-Thurs. Noon-12:30p]

Benefits those with aches, pain and discomfort when walking. This will aid in increasing blood flow to extremes and reduces discomfort and pain. Participants must be able to move independently by demonstration good balance and body control