

# AQUA FITNESS

## June-August 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7:00 AM</b>	<i>Aqua Mix Rec Pool 60min Nancy</i>		<i>Aqua Mix Rec Pool 60min Nancy</i>		<i>Aqua Mix Rec Pool 60min Nancy</i>
<b>8:00 AM</b>	<i>Aqua Exercise Rec Pool 60min Beth</i>	<i>Aqua Exercise Rec Pool 60min Beth</i>	<i>Aqua Exercise Rec Pool 60min Beth</i>	<i>Aqua Exercise Rec Pool 60min Beth</i>	
<b>8:10 AM</b>	<i>Aqua Tabata Main Pool 45min Nancy</i>		<i>Aqua Tabata Main Pool 45min Nancy</i>		<i>Aqua Tabata Main Pool 45min Nancy</i>
<b>8:15 AM</b>	<i>Deep Water Walking Main Pool 60min Sue</i>	<i>Deep Water Walking Main Pool 60min Sue</i>	<i>Deep Water Walking Main Pool 60min Sue</i>	<i>Deep Water Walking Main Pool 60min Sue</i>	
<b>9:00 AM</b>	<i>Aqua Toning Rec Pool 60min Kathy</i>		<i>Aqua Toning Rec Pool 60min Kathy</i>		<i>Aqua Toning Rec Pool 60min Kathy</i>
<b>5:30 PM</b>	<i>Deep Water Mix Main Pool 60min Heather</i>		<i>Deep Water Mix Main Pool 60min Heather</i>		<i>Deep Water Mix Main Pool 60min Heather</i>
<b>6:00 PM</b>		<i>Aqua Spin Main Pool 45min Frances</i>		<i>Aqua Spin Main Pool 45min Frances</i>	

# AQUA FITNESS

## ***Aqua Exercise***

This form of exercise

provides you with a total body workout in the shallow water. This is a medium intensity workout that uses the water and equipment for resistance, toning muscles and increasing endurance. The workouts include static stretching exercises emphasizing movements through a normal range of motion, and basic aerobics.

## ***Aqua Toning***

A class designed to improve

mobility through a series of stretching and strengthening exercises, performed in shallow water. It utilizes equipment and water resistance to help tone specific muscle groups. This is a low intensity class with little cardiovascular endurance.

## ***Aqua Mix***

The focus of this class is primarily developing

cardiorespiratory conditioning and muscle toning. Workouts include a full body workout, sometimes using equipment. The water provides less strain for your joints, while you build those heart muscles. This class is medium to high intensity conducted in shallow water.

## ***Deep Water Walking***

This is a full body workout, a combination of cardiorespiratory, and muscle conditioning. Conducted in the deep end, participants can increase range of motion using non-impact movements. Walking in water works your upper body equally as hard as your lower body because water gives all your submerged muscles 12 to 14 times the resistance of air.

## ***Aqua Tabata***

This class incorporates high

intensity interval training. It alternates short bouts of high intensity moves with recovery periods. The water offers added resistance and reduces impact to the joints. You can use this as your personal form of exercise to build endurance and raise metabolism or as cross-training for athletic land-based performance.

## ***Deep Water Mix***

With this class you

will participate in a full body workout while in the deep water. You may use buoyant equipment to keep you afloat. Equipment will also be used in some classes to help with body strengthening. There will also be stretching involved to tone those muscles.

## ***Aqua Spin***

Aqua spin is an indoor cycling class that takes

place in a pool. Participants get on stationary bikes that are submerged in 3-4 feet of water, and pedal against the resistance of the water. In this class you will stand up, sit down, cycle fast, cycle slow, swing arms to the left and right, and add equipment at times. Water shoes are needed for this class!

