



# GROUP FITNESS CLASS SCHEDULE

## WARM WATER POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM							
7AM		<b>Jammin'</b> Jaime 6:30am - 7:30 am					
8AM							
9AM	<b>Physical Therapy</b> 8:45am - 9:45 am		<b>Physical Therapy</b> 8:45am - 9:45 am		<b>Physical Therapy</b> 8:45am - 9:45 am	<b>Aquacise</b> Drew 8:30 AM - 9:30 AM	
10AM	<b>Aqua Zumba</b> Hilary 10:00 AM - 10:45 AM		<b>Aqua Easy</b> Marisa 10:00 AM - 11:00 AM		<b>Aqua Zumba</b> Hilary 10:00 AM - 10:45 AM		
11AM			<b>Physical Therapy</b> 11:00 AM - 12:00 PM				
12PM							
1PM					<b>Physical Therapy</b> 11:00 AM - 12:00 PM		
2PM			<b>Physical Therapy</b> 1:00 AM - 3:00PM		<b>Physical Therapy</b> 1:00 AM - 3:00PM		
3PM							
4PM			<b>Physical Therapy</b> 4:00 AM - 5:00PM				
5PM							
6PM	<b>Swim Mastery</b> Level 2 - Shane 6:00 PM - 7:30 PM (*Fee Based 9/13 & 9/20)	<b>Aqua Zumba</b> Hilary 6:00 PM - 6:45 PM	<b>Swim Mastery</b> Level 2 - Shane 6:00 PM - 7:30 PM (*Fee Based 9/13 & 9/20)	<b>Aqua Zumba</b> Mark 6:00 PM - 7:00 PM			
7PM							

OCT.

Aquatics classes are limited to vaccinated patrons only. You may book classes online in advance through the Empower ME section of the website. When Physical Therapy is in session maximum occupancy of the warm water pool is limited to 6.

# GROUP FITNESS DESCRIPTION

## **AQUA ZUMBA**

Perfect For those looking to make a splash by adding a low impact, high-energy aquatic exercise to their fitness routine. There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

## **Aquacise**

Anatomically Correct?

Drew's routines are based on the anatomy and physiology of muscles and joints, and are designed to strengthen limb and core muscles, increase range of motion, promote joint stability, and improve balance and posture. The hour includes cardio intervals and concludes with stretching, all accompanied by classic rock 'n roll, folk, and popular songs.

## **AQUA DANCE**

Come let loose with Linda! She delivers a fun and invigorating class which is sure to make you smile while working up a sweat!

## **Aqua Easy**

An enjoyable water aerobics class adaptable for all ages for a gentle to moderate workout. This 50 minute class includes: stretching the whole body, a 20 minute cardio workout, body toning, and 5 minutes of stretches at the end of class

## **Jammin'**

Let your heart rate and spirits **RISE** with the Sun! Enjoy cardio, toning, and stretching to great tunes. Energize your day!