



# AQUATIC GROUP FITNESS SCHEDULE

## WARM WATER POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM							
7AM		<b>Jammin'</b> Jaime 6:30AM - 7:30 AM		<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 Fit</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		<b>Physical Therapy*</b> 11:00 AM - 12:00 PM		<b>Physical Therapy*</b> 11:00 AM - 12:00 PM		
12PM							
1PM							
2PM	<b>Physical Therapy*</b> 2:00 PM - 3:00PM		<b>Physical Therapy*</b> 1:00 AM - 3:00PM		<b>Physical Therapy*</b> 1:00 PM - 3:00PM		
3PM							
4PM	<b>Physical Therapy*</b> 4:00 PM - 5:00PM		<b>Physical Therapy*</b> 4:00 AM - 5:00PM				
5PM		<b>Splash!</b> 5:30 PM – 6:30 PM	<b>Private Class**</b> 5:30 PM - 6:30PM				
6PM	<b>Private Class**</b> 6:15 PM – 6:30 PM			<b>Aqua Zumba</b> Mark 6:00 PM - 7:00 PM			
7PM							

# AUGUST

You may book classes online in advance through the Empower ME section of the website.  
 \*Physical Therapy: when in session, the maximum occupancy of the warm pool is limited to 6.  
 \*\*Private Class: warm water pool is still open for member use, but space may be limited.

# 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**

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.

## **Splash!**

A one hour hi-lo intensity water workout that combines weight training, stretching and aerobics to fun music.

## **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 Fit**

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!