

# AquaFit Class Schedule

Updated 11/6

Day	TIME	FORMAT	INSTRUCTOR	LOCATION
Monday	7-8am	RiverFit	Francesca	Lazy River
	9-10am	AquaFit Combo	Donna	Program Pool
	12pm-1pm	Deep Aerobics	Mary	Program Pool
	6-7pm	Deep Aerobics	Dana	Program Pool
Tuesday	8-8:45am	RiverFit	Mary	Lazy River
	9-10am	Deep Aerobics	Mary	Program Pool
	11-12pm	H2O Running \$	Mary R.	Program Pool
	12:15-1pm	HIIT AquaFit	Jenny	Program Pool
Wednesday	10-11am	Aqua Zumba	Laura	Program Pool
	11:15-12:15pm	Gentle AquaFit Combo	Rain	Program Pool
	12:30-1:30pm	HIIT AquaFit	Rain	Program Pool
	6-7pm	Deep Aerobics	Margie	Program Pool
Thursday	8-8:45am	RiverFit	Mary	Lazy River
	9-10am	Deep Aerobics	Mary	Program Pool
	11-12pm	H2O Running \$	Mary R.	Program Pool
	12:15-1pm	AquaZumba	Laura	Program Pool
Friday	9-10am	HIIT AquaFit	Anastasia	Lap Pool
	10:15-11:15am	Gentle AquaFit Combo	Rain	Program Pool
	12-1pm	Deep Aerobics	Margie	Program Pool
Sunday	12-1pm	Dance in the Water 11/24, 12/29	Laura	Program Pool
	3:30-4:30pm	AquaFit Workshops 12/15	Margie	Program Pool

## AquaFit Class Descriptions:

### AquaFit Combo

These classes incorporate both deep & shallow water interval workout mixed in with body movements to build muscle, flexibility core strength & stamina in all parts of the body. This class is a fun workout without impact on your joints.

### Aqua Zumba

This class brings a new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout.

### Deep AquaFit

Deep Aerobics This class is designed to be no impact and improve cardiovascular, muscle strength, core and flexibility. Belts provided.

### H2O Running \$

This class provides all of the benefits of land running without any impact or even getting your hair wet. You don't have to be a runner, swimmer, or athlete to participate. This class is held in the deep end of the program pool and aqua jogging belts are provided.

### H.I.I.T. AquaFit

Get ready to power it up! This class incorporates high-intensity intervals throughout the bulk of the class and finishes with a focus on core and upper body strength work.

### RiverFit

A self-paced class for stretching and toning muscles and improving cardiovascular conditioning, CORE stability, and joint mobility. A great class if you have arthritis, joint limitations, replacements or are pregnant.