

AquaFit Class Schedule

Updated 11/21

| 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 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.