

AQUATICS SCHEDULE

Schedule subject to change without notice

Classes are 50 minutes unless otherwise noted

Revised July 2021

Note: class key and descriptions located on reverse

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30 am Drenched - Bethany (WWA)		6:30 am Drenched - Bethany (WWA)			
8:00 am Aqua Zumba® - Eva (WWA)	8:00 am Aqua Fitness - Lana (WWA)	8:00 am Water and Weights - Eva (WWA)	8:00 am Aqua Zumba® - Eva (WWA)	8:00 am Aqua Fitness - Yasmin (WWA)		
9:00 am Aqua Fitness - Eva (WWA)	9:00 am Aqua Fitness - Veronica (WWA)	9:00 am Aqua Fitness - Ashley (WWA)	9:00 am Aqua Fitness - Eva (WWA)	9:00 am Aqua Fitness - Yasmin (WWA)	9:00 am Aqua Move/Groove - Bethany (WWA)	
10:00 am Arthritis Movement - Eva (WWA)	10:00 am Aqua Fitness - Veronica (WWA)	10:00 am Aqua Yoga - Dawn (WWA)	10:00 am Aqua Fitness - Eva (WWA)	10:00 am Arthritis Movement - Beth (WWA)	10:00 am Aqualates - Bethany (WWA)	
11:00 am Aqua Fitness - Eva (WWA)		11:00 am Aqua Zumba® - Eva (WWA)		11:00 am Aqua Fitness - Veronica (WWA)		
				5:45 pm Aqualates - Rotation (WWA)		
6:30 pm Aqua Zumba® - Natasha (WWA)	6:30 pm Aqua Fitness - Yvonne (WWA)		6:30 pm Aqua Fitness - Yvonne (WWA)			

- All Levels
- Intermediate: Some experience required
- Advanced: For those who are experienced and physically conditioned

Hours

Monday - Thursday: 5 am - 8 pm Saturday: 7 am - 5 pm
Friday: 5 am - 7 pm Sunday: 7 am - 2 pm

Location Key

MBS: Mind Body Studio FIT: Fitness Floor
FS: Fitness Studio WWA: Warm Water Activity

Aquatics

Aqualates Fun challenging and low impact “water Pilates” will strengthen the back and abdominal muscles. Using body-toning choreography to strengthen the core, help coordination, mobility, endurance, and balance.

Aqua Arthritis Movement All level, low impact class using movements to help reduce pain and stiffness in joints while restoring muscle strength with full range of motion, balance and coordination.

Aqua Fitness Challenge yourself in a low to high-impact class where water resistance improves strength and stamina. No experience required. All levels welcome. Use of equipment optional.

Aqua Move and Groove Come on, let’s do the twist! This cardio style class will have you splashing and laughing your way into a great day. All levels welcome.

Aqua Yoga Breathing exercises combined with physical postures to enhance balance, flexibility, muscle strength and general relaxation.

Aqua Zumba® Join the pool party! Fun challenging, water-based, Body-toning workout to Latin music. No Dance experience necessary. Bring water.

Drenched Incorporating HIIT and Tabatas moves to ignite calorie burn to start your day. Interval training workout til you’re *drenched* by the end of class.

Water and Weights End of week High-energy impact workout using weights and or noodles equipment for added strength and endurance.