



# DROP-IN WATER FITNESS

No Classe

Aug 7,  
2017

Please note: Please bring a non-glass water bottle to drink. We recommend drinking water for all classes.

July 3rd-Sept 1st, 2017				
Monday	Tuesday	Wednesday	Thursday	Friday
Masters Program 6:15am-7:45am		Masters program 6:15am-7:45am		
	Shallow 8:00-9:00am		50/50 8:00-9:00am	
Deep Aqua Tone n' Burn 9:00-10:00am	GO Hard aqua Fitness 9:00-10:00am	Deep Aqua Tone n' Burn 9:00-10:00am	GO Hard aqua Fitness 9:00-10:00am	Deep Aqua Tone n' Burn 9:00-10:00am
River Walking 9:00am-10:00am	Aqua motion 9:00am-10:00am	River Walking 9:00am-10:00am	Aqua motion 9:00am-10:00am	River Walking 9:00am-10:00am
Seniors Shallow 10:00am-11:00am	Baby bootcamp 10:00am-11:00am	Seniors Shallow 10:00am-11:00am	Baby bootcamp 10:00am-11:00am	Seniors Shallow 10:00am-11:00am
Seniors Deep 10:00am-11:00am		Seniors Deep 10:00am-11:00am		Seniors Deep 10:00am-11:00am
Water polo 7:00-8:30pm		Water polo 7:00-8:30pm		
Masters 8:00-9:30pm		Masters 8:00-9:30pm		
Shallow 8:00-9:00pm	Deep 8:00-9:00pm	Shallow 8:00-9:00pm	Deep 8:00-9:00pm	

# Class Descriptions

## **Deep Aqua Tone n' Burn**

A deep end water fitness class designed to burn calories, tone your body and increase endurance in a fun, fast paced atmosphere. It can be modified for all fitness levels

## **50/50**

50% cardio and 50% strength, this class is loaded with fun and challenging combinations as well as water strength training designed to make you burn calories, improve your cardio, strengthen core, and feel great.

## **GO Hard Aqua Fitness**

This is a High intensity deep water class, using combinations with advanced equipment. This will help you get the job done.

## **River Mix**

A little bit of everything: cardio, endurance, strength, balance and flexibility training. Participants work through various plains of movement to keep the workout interesting and challenging.

## **Seniors in Motion**

Come feel young at heart with this Moderate-to-active intensity level. For adults who remain active amongst their peers. Improve strength, balance, posture, endurance and agility in a moderately paced activity. Join us in shallow or deep water.

## **Baby Bootcamp**

Welcome, this class is geared for babies & toddlers ages 4-24 months. During the class you will work on cardio endurance, strengthen your core, and a focus on upper body strength using your child as a weight. A moderate intensity class with a full body workout.

## **River Walking**

Aquatic Movement/Fitness Specialists use the water and specifically designed aquatic activities to enhance, restore and maintain a person's functional abilities. A variety of physical disabilities and orthopedic conditions can participate in Movement Therapy.

## **Aqua Motion**

Gentle shallow water class in the river ideal for those looking to improve their cardio-respiratory fitness, balance, posture, muscle strength and endurance.



