



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 11:00am-12:00pm		Seniors Deep 11:00am-12:00pm		Seniors Deep 11:00am-12:00pm
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.

