



# Aquatic Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:15-8:15 <b>Reaxing</b> Ben					
9:00-10:00 <b>Liquid Fit</b> Cathy H	9:00-10:00 <b>Aqua Bamba</b> Christina	9:00-10:00 <b>Aqua Kickbox</b> Cathy W	9:00-10:00 <b>Aqua Cardio &amp; Stretch</b> Christina K	9:00-10:00 <b>Liquid Fit</b> Christina K	9:00-10:00 <b>Liquid Fit</b> Nancy	9:00-10:00 <b>Liquid Fit</b> Cathy H
		11:00-11:45 <b>Aqua Boot Camp</b> Bobbi		11:00-11:45 <b>Aqua Boot Camp</b> Bobbi		
12:00-1:00 <b>Reaxing</b> Ben		12:00-1:00 <b>Reaxing</b> Ben				
	1:15-2:15 <b>Liquid Fit</b> Sally K	1:15-2:15 <b>Aquabata</b> Iman Jammal	1:15-2:15 <b>Liquid Fit</b> Iman Jammal			
						3:30-4:30 <b>Pre Swim</b> Jackie
5:00-6:00 <b>Pre Swim</b> Jackie	5:00-6:00 <b>Pre Swim</b> Jackie		5:00-6:00 <b>Pre Swim</b> Jackie			
5:30-6:30 <b>Reaxing</b> Ben						
6:35-7:35 <b>Aquaflex</b> Sally K	6:30-7:30 <b>Aquabata</b> Cathy H		6:30-7:30 <b>Aquabata</b> Cathy H			

## Aqua Bamba

Immerse yourself in a low-impact workout that combines the amazing strength benefits of the Gymstick with the cardio benefits of dance. Come try it out!

## Aquabata

A highly intense interval training workout that uses :20/:10 timing to increase your heart rate. This class may or may not use equipment.

## Aqua Boot Camp

High-intensity interval workout that is a fantastic alternative to traditional HIIT training. Great for all ages and levels. Emphasis on cardio and core.

## Aqua Cardio and Stretch

Bring a little water to your yoga practice and learn new ways to challenge the mind-body connection in this aqua-robics/yoga fusion.

## Aqua Flex

This class is great for cardio, joint strengthening, muscle toning, balance, core, injuries, arthritis and cross training.

## Aqua Kickbox

Experience the power, energy, and punch in this cool boxing water workout. This class is packed with kicks, punches, and drills.

## Liquid Fit

Don't let the water fool you! This high-intensity, low-impact workout uses dumbbells, Gymsticks, Hydrotones and noodles to increase resistance, and tone your entire body.

## Pre-Swim Lessons

If your child is interested in being a part of a swim team, we have a program for you! This class helps children prepare for competition and teaches stroke refinement and efficiency in the water. Only 8 spots available per time slot, so sign up today! Drop in \$30; 6-pack \$135

## Reaxing

HIIT Training with a twist! Quick, intense bursts of exercise, followed by short, sometimes active, recovery periods on Reax board. Reaxing involves neuromuscular training and is a great way to challenge your body! Only 4 spots available per time slot, so sign up today! 1/\$30; 6/\$150; 12/\$276