



Aquatic Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:15-8:15 Reaxing Ben					
9:00-10:00 Liquid Fit Cathy H	9:00-10:00 Aqua Bamba Christina	9:00-10:00 Aqua Kickbox Cathy W	9:00-10:00 Aqua Cardio & Stretch Christina K	9:00-10:00 Liquid Fit Christina K	9:00-10:00 Liquid Fit Nancy	9:00-10:00 Liquid Fit Cathy H
		11:00-11:45 Aqua Boot Camp Bobbi		11:00-11:45 Aqua Boot Camp Bobbi		
12:00-1:00 Reaxing Ben		12:00-1:00 Reaxing Ben				
	1:15-2:15 Liquid Fit Sally K	1:15-2:15 Aquabata Iman Jammal	1:15-2:15 Liquid Fit Iman Jammal			
						3:30-4:30 Pre Swim Jackie
5:00-6:00 Pre Swim Jackie	5:00-6:00 Pre Swim Jackie		5:00-6:00 Pre Swim Jackie			
5:30-6:30 Reaxing Ben						
6:35-7:35 Aquaflex Sally K	6:30-7:30 Aquabata Cathy H		6:30-7:30 Aquabata 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! \$50/month for 1 lesson per week; \$80/month for 2 lessons per week

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