



Aquatic Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 Liquid Fit Christina K	9:00-10:00 Liquid Fit Nancy	9:00-10:00 Liquid Fit Cathy H
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			

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 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, Hydrotone 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