



# Aquatic Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am-10am (Leisure Pool) Liquid Fit with Cathy H	9am-10am (Leisure Pool) Aqua Bamba with Christina	9am-10am (Leisure Pool) Aqua Kickbox with Cathy W		9am-10am (Leisure Pool) Liquid Fit with Christina K	9am-10am (Leisure Pool) Liquid Fit with Nancy	9am-10am (Leisure Pool) Liquid Fit with Cathy H
						9am-10am (Indoor Lap 3 Lanes) Pre-Swim with Jackie
12pm-1pm (Indoor Lap) Reaxing with Ben		12pm-1pm (Indoor Lap) Reaxing with Ben				
	1:15pm-2:15pm (Indoor Lap) Liquid Fit with Sally K	1:15pm-2:15pm (Indoor Lap) Aquabata with Iman Jammal	1:15pm-2:15pm (Indoor Lap) Liquid Fit with Iman Jammal			1pm-2pm (Indoor Lap 3 Lanes) Pre-Swim with Jackie
	5pm-6pm (Indoor Lap 3 Lanes) Pre-Swim with Jackie	5pm-6pm (Indoor Lap 3 Lanes) Pre-Swim with 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!

### [Aquabatta](#)

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, Hydrotones and noodles to increase resistance, and tone your entire body.

### [Pre-Swim Team \(Additional Cost\)](#)

If your child is interested in being a part of a swim team, we have a program for you! This class helps prepare for competition in the pool and teaches stroke refinement and efficiency in the water.

### [Reaxing \(Additional Cost\)](#)

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!