



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# April WATER EXERCISE CLASSES

| Time     | Monday   | Tuesday                          | Wednesday   | Thursday            | Friday   |
|----------|--|----------------------------------|---|---------------------|--|
| 7:00 AM  | Intense Circuit<br>(Patti)                                     |                                  | Walaties<br>(Patti)   |                     | Wabata<br>(Patti)  |
| 7:30 AM  | Water Works<br>(Patti)   |                                  | Water Works<br>(Patti)  |                     | Water Works<br>(Patti)   |
| 8:00 AM  |  |                                  |   |                     |  |
| 8:30 AM  | Deep Water Exercise*<br>(Mittie)<br><br>Water Works<br>(Diane) |                                  | Deep Water<br>Exercise* (Patti)<br><br>Water Works<br>(Diane) |                     | Deep Water Exercise*<br>(Mittie)<br><br>Water Works<br>(Diane) |
| 9:00AM   |  |                                  |   |                     |  |
| 9:30 AM  | Water Fit<br>(Mittie)  |                                  | Water Fit<br>(Patti/Wendy)                                    |                     | Water Fit<br>(Mittie)  |
| 10:00 AM |  |                                  |   |                     |  |
| 10:30 AM | Yoqua<br>(Mittie)  |                                  | Yoqua<br>(Brenda)   |                     | Yoqua<br>(Mittie)  |
| 11:00 AM |  | :45 Intense Circuit*<br>(Mittie) |   |                     |  |
| 11:30    |  |                                  |   |                     |  |
| 11:45 AM |  | :45 Yoqua/Mobility<br>(Mittie)   |   |                     | <b>* Class Held in Lap Pool</b>                                |
| 6:00 PM  | Aqua Zumba<br>(Dee)  | Aqua Zumba<br>(Dee)              |   | Aqua Zumba<br>(Dee) |  |



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# CLASS DESCRIPTIONS

**Aqua Pilates**—Exercises for core stability and body toning.

**Aqua Zumba**—All the fun of Zumba with the low impact benefits of water exercise.

**Deep Water Exercise**—mid level aerobic class taught in deep water.

**Hi YO**—HIIT mixed with yoga.

**Intense Circuit**—Boot Camp style workout stations in the water with varying intensities using both equipment and body weight.

**Twinges in the Hinges**—A program designed for persons with limitations of arthritis and other physically restricting conditions.

**Wabata**—Tabata style training in the pool.

**Water Aerobics**— A high energy, full body aerobic workout set to music.

**Water Fit**— A low impact workout including intervals and strength training with equipment.

**Water Mobility**—Low impact and low intensity movements focusing on flexibility, range of motion and balance.

**Water Works** - Shallow water cardio and strength training.

**Yogua**—Yoga poses modified for the water, designed to improve balance, flexibility and relaxation.

## CLASS NEWS

- ◆ Aqua Zumba now 3 nights a week!

## DON'T FORGET

- ◆ Saturday April 14th the pools will close at 2:00pm for a mandatory Lifeguard training.