



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

July WATER EXERCISE CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM	Intense Circuit (Patti)		Walaties (Patti)		Wabata (Patti)
7:15 AM		:45 Intense Circuit* (Mittie)			
7:30 AM	Water Works (Patti)		Water Works (Patti)		Water Works (Patti)
8:00 AM					
8:30 AM	Deep Water Exercise* (Mittie) Water Works (Diane)		Deep Water Exercise* (Patti) Water Works (Diane)		Deep Water Exercise* (Mittie) Water Works (Diane)
9:30 AM	Water Fit (Mittie)		:45 Water Fit (Patti/Wendy)		Water Fit (Mittie)
10:00 AM		:45 Aqua S.M.I.L.E. (Wendy)			
10:15 AM			:45 Yoqua (Brenda)		
10:30 AM	Yoqua (Mittie)				Yoqua (Mittie)
11:30					
11:45 AM					* Class Held in Lap Pool
6:00 PM	Aqua Zumba (Dee)	Aqua Zumba (Dee)		Aqua Zumba (Dee)	



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CLASS DESCRIPTIONS

Aqua S.M.I.L.E. – Slower Moves Impact Lowered Exercise. Combines Mobility exercise with gentle movements in the water that target arthritis or any type of physical restricting conditions.

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.

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

Wabata–Tabata style training in the pool.

Walaties–Exercises for core stability and body toning.

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

Water Works – Shallow water cardio and strength

training.

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

CLASS NEWS

- ♦ Tuesday classes have changed.
- ♦ Reminder Summer Camp is in session May 29-July 20. The kids will be swimming from 11:00-3:00 every Tuesday, Wednesday and Thursday. (open swim is still available, just be aware it may be noisy!)

DON'T FORGET

- ♦ Register at "rainedout.com" to receive a text message for cancellations and special announcements!