



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUNE WATER EXERCISE CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 AM	Intense Circuit (Patti)		Walaties (Patti)		Wabata (Patti)
7:30 AM	Water Works (Patti)		Water Works (Patti)		Water Works (Patti)
8:00 AM					
8:30 AM	Deep Water Exercise* (Mittie) Water Works		Deep Water Exercise* (Patti) Water Works		Deep Water Exercise* (Mittie) Water Works
9:00AM					
9:30 AM	Water Fit (Mittie)		Water Fit (Patti/Wendy)		Water Fit (Mittie)
10:00 AM		:45 Aqua S.M.I.L.E. (Wendy)			
10:30 AM	Yoqua (Mittie)		Yoqua (Brenda)		Yoqua (Mittie)
11:00 AM		:45 Intense Circuit* (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 11:30-3:00 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!