



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 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 (Diane)		Deep Water Exercise* (Patti) Water Works (Diane)		Deep Water Exercise* (Mittie) Water Works (Diane)
9:00AM					
9:30 AM	Water Fit (Mittie)		Water Fit (Patti)		Water Fit (Mittie)
10:00 AM					
10:30 AM	Yoqua (Mittie)		Yoqua (Brenda)		Yoqua (Mittie)
11:00 AM		:45 Intense Circuit* (Mittie)			
11:30					
11:45 AM		:45 Yoqua/Mobility (Mittie)			* Class Held in Lap Pool
6::00 PM	Aqua Zumba (Dee)	Aqua Zumba (Dee)		Aqua Zumba (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

- ◆ Tuesday and Thursday schedules have changed.

DON'T FORGET

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