



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 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)
8:30 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)		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) 11th & 18th only			
6:00 PM	Aqua Zumba (Dee)	Aqua Zumba (Dee)		Aqua Zumba (Dee)	* Class Held in Lap Pool



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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.

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

DON'T FORGET

- ◆ Reminder for this month, we have several instructors taking vacation so there may be a different instructor leading the classes!