



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EXERCISE IN THE WATER!

Water Exercise -January

* Class is held in Lap Pool

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM	HiYo (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)	:30 HiYo (Patti)	Deep Water Exercise* (Patti) Water Works (Diane)	:30 Wabata (Patti)	Deep Water Exercise* (Mittie) Water Works (Diane)
9:00AM		Water Aerobics (Patti)		Water Aerobics (Patti)	
9:30 AM	Water Fit (Mittie) Intense Circuit* (Patti)		Water Fit (Patti)		Water Fit (Mittie)
10:00 AM		:30 Abs/Hips/Knees (Patti)		Abs/Hips/Knees (Patti)	
10:30 AM	Yoqua (Mittie)	Twinges in the Hinges (Patti)	Yoqua (Brenda)	Twinges in the Hinges (Patti)	Yoqua (Mittie)
11:00 AM		:45 Intense Circuit* (Mittie)			
11:30				Yoqua (Patti)	
11:45 AM		:45 Mobility (Mittie)			
4:00 PM	:30 Intense Circuit (Patti)				
4:30 PM	:30 Abs/Hips/Knees (Patti)				
5:00 PM	Water Works (Patti)			:30 Intense Circuit (Patti) :30 Walates (Patti)	
6:00PM		Aqua Zumba (Dee)		Aqua Zumba (Dee)	

CLASS DESCRIPTIONS

Abs/Hips/Knees—Exercises designed to target and strengthen abs, hips and knees.

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.

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

CLASS NEWS

NEW —We are excited to be offering new and exciting classes starting in January!

DON'T FORGET

- ◆ Register at "rainedout.com" to receive a text message for cancellations and special announcements!
- ◆ Be on the lookout for our Saturday Aquathons!