



# Water Fitness Schedule

## MONDAY

9:00-9:45am  
Hydro Fitness  
Linda (1-2)

7:00-7:45pm  
Hydro Intervals  
Linda (1-2)

## TUESDAY

9:00-9:45am  
Aqua Tabata  
Sara (1-2)

10:15-11:00am  
Aqua-Joints  
Fran (1)

## WEDNESDAY

9:00-9:45am  
Hydro Fitness  
Linda (1-2)

**KEY:**  
1. Beginner  
2. Intermediate

## THURSDAY

9:00-9:45am  
Aqua Tabata  
Sara (1-2)

10:15-11:00am  
Aqua-Joints  
Fran (1)

## FRIDAY

9:00-9:45am  
Hydro Fitness  
Linda (1-2)

## SATURDAY

9:00-9:45am  
Hydro Fitness  
Danae (1-2)

May 21<sup>st</sup> –  
July 28<sup>th</sup>

### Class Descriptions:

**Hydro Fitness:** Condition your body in the water without the pounding on your joints! Our classes will help you increase cardiovascular endurance, range of motion, flexibility and core strength.

**Aqua Tabata:** Kick your metabolism into high gear with Aqua Tabata, a form of High Intensity Interval Training (HIIT). You will be combining 20 sec. burns of maximum effort with 10 sec. rest periods.

**Hydro Intervals:** Similar to Hydro Fitness, primarily done in the shallow end. One week you might focus on balance, stability, and muscle toning and the next plyometric jumping. A great, whole body workout.

**Aqua Joints:** This class is meant for those suffering from joint problems. You will be encouraged to work at a level comfortable for you. These classes may increase your flexibility, balance, and strength.

### Class Registration Information:

- Register for classes beginning two weeks before the start of the session
- Check in at the front desk before each class you attend