



WATER FITNESS CLASSES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------|--|--|--|--|--|---|
| Early AM | 8:00am-9:00am AQUAFIT Shallow Water | 8:00am-9:00am AQUAFIT Shallow water | 8:00am-9:00am AQUAFIT Shallow Water | 8:00am-9:00am AQUAFIT Shallow Water | 8:00am-9:00am AQUAFIT Shallow Water | 8:05am-9:05am AQUAJOG Deep Water |
| AM | 9:00am-10:00am AQUAJOG Deep Water | 9:00am-10:00am STARTER AQUAJOG Deep Water | 9:00am-10:00am AQUAJOG Deep Water | 9:00am-10:00am STARTER AQUAJOG Deep Water | 9:00am-10:00am AQUAJOG Deep Water | |
| | 10:00am-11:00am AQUATIC AOA Shallow Water | 10:15am-11:00am FINNING Deep Water | 10:00am-11:00am AQUATIC AOA Shallow Water | 10:15am-11:00am FINNING Deep Water | 10:00am-11:00am AQUATIC AOA Shallow Water | |
| Lunch | 11:30am-12:30pm STARTER WATERFIT Deep/Shallow Water | 11:00am-12:00pm AQUATIC AOA Shallow Water | 11:30am-12:30pm STARTER WATERFIT Deep/Shallow Water | 11:00am-12:00pm AQUATIC AOA Shallow Water | 11:30am-12:30pm STARTER WATERFIT Deep/Shallow Water | |
| | 12:30pm-1:15pm FINNING Deep/Shallow Water | | 12:30pm-1:15pm FINNING Deep/Shallow Water | | 12:30pm-1:15pm FINNING Deep/Shallow Water | |
| PM | 5:30pm-6:30pm AQUAJOG Deep Water | | 5:30pm-6:30pm H.I.I.T. Deep Water | | | |

Class Descriptions

| | |
|-------------------------|---|
| STARTER WATERFIT | This beginner friendly class combines shallow water conditioning with resistance and deep water movement with a flotation belt. |
| STARTER AQUAJOG | This beginner friendly class conditions the upper and lower body in deep water with a flotation belt. |
| AQUAJOG | A popular class to challenge the upper and lower body while conditioning and toning at the same time. Need to be comfortable in deep water while wearing a flotation belt. |
| AQUAFIT | A challenging aerobic water workout. Use of equipment and resistance that enhances conditioning and toning throughout the class. You do not have to be able to swim to benefit from this class. |
| AQUATIC AOA | This class uses the water's natural buoyancy and continuous resistance to improve joint flexibility and muscle strength. Class is low impact and is held in the shallow end of the pool. |
| FINNING | This class uses the full length of the pool to burn calories and tone muscles. Fins create resistance against the water, creating more load on the major muscles which increases heart rate and burns more calories. Use of equipment and resistance will enhance conditioning and toning. You will need to be comfortable in the deep water. |
| H.I.I.T. | This high-intensity interval training involves brief bouts of near-exhaustion intervals interspersed with lower-intensity activity. Resistance equipment will be used to maximize cardio, conditioning and toning. |

CHILDWATCH



TEEN CENTER

| | | | | | |
|----------------------|-----------------------|----------------------|--|----------------------|---|
| MONDAY-FRIDAY | 7:30am-8:00pm | MONDAY-FRIDAY | 8:00am-1:00pm and 3:30pm-8:30pm | MONDAY-FRIDAY | 9:00am-12:00pm and 3:30pm-8:00pm |
| SATURDAY | 8:00am-12:00pm | SATURDAY | 8:00am-4:00pm | SATURDAY | 9:00am-12:00pm |
| SUNDAY | 1:00pm-4:00pm | SUNDAY | 11:00am-5:00pm | | |