

**FITNESS CENTER - AQUA CLASSES - APRIL SCHEDULE**

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>10:00AM</b>	<i>Deep Water Aerobics (Beth)</i>	<i>Aqua Sculpt &amp; Stretch (Marni) *90 minutes starting at 9:30am</i>	<i>Deep Water Aerobics (Beth)</i>	<i>Aqua Sculpt &amp; Stretch (Iva) *90 minutes starting at 9:30am</i>	<i>Aqua Zumba Tone (Sandi B.) * 75 minutes</i>	<i>Aqua Cardio (Mariah)</i>
<b>11:00AM</b>	<i>Cardio Pool Party (Beth)</i>		<i>Cardio Pool Party (Beth)</i>			

*\*If weather is inclement, we advise you call the front desk (907-2825), 30 minutes prior to class to confirm if classes are cancelled or not. If there is thunder and/or lightening, safety laws require that everyone vacate the pool for a 30 minute "clear" period. If an Aquatic Fitness Instructor or member of the staff asks you to leave the pool area, please remember it's for your own safety.*

**AQUA CLASS DESCRIPTIONS**

**Aqua Sculpt & Stretch**

A perfect combination of "pilates-style" exercises, incorporating toning, conditioning and stretching all in one class. Perfect for improving posture and flexibility.

**Aqua Zumba Tone**

This fun, all level water class will have pool enthusiasts yelling for more. It's a workout party in the pool. Improve your strength and cardio in the water environment, using skills ranging from dance to boxing.

**Cardio Pool Party**

This fun, all level water class will have pool enthusiasts yelling for more. It's a workout party in the pool. Improve your strength and cardio in the water environment, using skills ranging from dance to boxing.

**Deep Water Aerobics**

A non-impact challenge, building strength and stamina. This class involves treading and suspension in 6 feet of water; flotation devices are optional.

**Aqua Tai Chi**

Learn the fundamentals of Tai Chi with the benefit of supporting the body and reducing the restrictions of weight. Great for balance, flexibility, core strength, circulation and energy!