

## FITNESS CENTER - AQUA CLASSES - MAY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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!