

Water Aerobics Calendar

APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 5:45am Deep Cathy 8:30am Deep Sharon 10am Shallow Sharon 6;30 Deep Bri	3 8:30am Shallow Karen 10am Deep Sharon 6:30pm Shallow-Carol 7:30 pm Wellness Pool-Cathy	4 5:45am Deep Lisa 8:30am Shallow Debbie 10am Deep Debbie 11am Shallow ZUMBA Debbie *7:15 Aqua Yoga –Wellness Pool-Carol	5 8:30am Shallow Karen 10am Deep Sharon 6:30pm Shallow Carol	6 5:45am Deep Carol 8:30am Shallow Sharon 10am Deep Karen SWIM MEET	7 SWIM MEET
8	9 5:45am Deep Cathy 8:30am Deep Karen 10am Shallow Sharon *7:15pm – Wellness Pool Tone Up -Bri	10 8:30am Shallow Karen 10am Deep Sharon 6:30pm Shallow-Carol 7:30 pm Wellness Pool-Cathy	11 5:45am Deep Lisa 8:30am Shallow Debbie 10am Deep Debbie 11am Shallow Debbie 6:30pm Deep Bri	12 8:30am Shallow Karen 10am Deep Sharon 6:30pm Shallow Carol	13 5:45am Deep Carol 8:30am Shallow Sharon 10am Deep Karen 6:30pm Shallow Carol	14 8:00am Deep Cathy Tabata * 9:00 am Shallow Carol
15	16 5:45am Deep Cathy 8:30am Deep Karen 10am Shallow Sharon 6;30 Deep Bri	17 8:30am Shallow Karen 10am Deep Sharon 6:30pm Shallow-Carol 7:30 pm Wellness Pool-Cathy	18 5:45am Deep Lisa 8:30am Shallow Debbie 10am Deep Debbie 11am Shallow ZUMBA Debbie *7:15 Aqua Yoga – Wellness Pool-Carol	19 8:30am Shallow Karen 10am Deep Sharon 6:30pm Shallow Carol	20 5:45am Deep Carol 8:30am Shallow Sharon 10am Deep Karen SWIM MEET	21 SWIM MEET
22	23 5:45am Deep Cathy 8:30am Deep Karen 10am Shallow Sharon *7:15pm – Wellness Pool Tone Up -Bri	24 8:30am Shallow Karen 10am Deep Sharon 6:30pm Shallow-Carol 7:30 pm Wellness Pool-Cathy	25 5:45am Deep Lisa 8:30am Shallow Debbie 10am Deep Debbie 11am Shallow Debbie 6:30pm Deep Bri	26 8:30am Shallow Karen 10am Deep Sharon 6:30pm Shallow Lisa	27 5:45am Deep Lisa 8:30am Shallow Sharon 10am Deep Karen 6:30pm Shallow Lisa	28 8:00am Shallow Tabata Cathy * 9:00 am Deep Progressive Strength Cathy
29	30 5:45am Deep Cathy 8:30am Deep Karen 10am Shallow Sharon 6;30 Deep Bri	<i>Important Notes:</i> <ul style="list-style-type: none"> <u>New class time</u> 				

Specialty Class Descriptions

Aqua High-Intensity Interval Training (HIIT)/Tabata

Class pushes participants to the limit while providing the benefits of a pool with little impact on joints and features rigorous interval training, use of the pool wall and buoyant and resistant equipment. The HIIT class sets higher standards in water-based fitness that challenges class participants and swimmers of all ages and physical shape. Class formats may include timed high intensity intervals, elements of swimming strokes, modified plyometric and strength training, water aerobics, water polo and cardiovascular exercises featured in gym/studio boot camps. Depending on physical limitations, those who are unable to perform at the HIIT pace are welcome to participate following the same exercises with a lower intensity. Some of the proven benefits are: increased metabolism, fat burning, weight loss and improved cardio respiratory fitness.

Aqua Progressive Strength

Class consists of using various aquatic equipment in progressively intense intervals and core stability exercises (Note: Use of the aquatic equipment is not required). Core stability addresses balance and activities of daily living. After the intense muscular workout, class concludes with longer, enhanced stretching which aims to improve flexibility and range of motion.

HAT - Hips/Abs/Thighs

Regular cardio format class (5 min warm up - 25-30 min aqua cardio) followed by series of exercises focused on hips/abdominals & thighs. Modifications will be shown during exercises & participants can go at their own comfort level.

Wellness Pool Classes

This slower-paced class features low intensity exercises focusing on core stability and ranges of motion help to challenge balance and coordination. Exercises recommended by the Arthritis Foundation may be included as well as aquatic equipment (optional), games, yoga and Pilates. The class concludes with longer, enhanced stretching which aims to improve flexibility and range of motion. **Class size is limited to 12 participants.**

Zumba

Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.