

# JRSSC Water Aerobics Calendar September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:00am <b>Shallow</b> Lisa 9:00am <b>Deep</b> Lisa
3 <b>No Classes</b>  Join us at Woodlands Pool for 8:00 am <b>Shallow</b> Team Teach <b>Potluck karaoke party</b> <b>Pick up a class pass from the on-deck parks &amp; rec attendant</b>	4 8:30am <b>Shallow</b> Karen 10am <b>Deep</b> Sharon  6:30pm <b>Shallow</b> Brie	5 5:45am <b>Deep</b> Lisa 8:30am <b>Shallow</b> Debbie 10am <b>Deep</b> Debbie 11am <b>Shallow ZUMBA</b> Debbie  6:30pm <b>Deep</b> Carol	6 8:30am <b>Shallow</b> Karen 10am <b>Deep</b> Sharon  6:30pm <b>Shallow</b> Carol 7:00pm <b>Wellness Pool</b> Cathy	7 5:45am <b>Deep</b> Carol 8:30am <b>Shallow</b> Anne 10am <b>Deep</b> Karen  6:30pm <b>Shallow</b> Lisa	8  8:00am <b>Shallow</b> Lisa  9:00am <b>Deep Tabata</b> Carol
10 5:45am <b>Deep HIIT</b> Cathy 8:30am <b>Shallow</b> Karen 10am <b>Deep</b> Anne  6:30pm <b>Deep</b> Brie	11 8:30am <b>Shallow</b> Karen 10am <b>Deep</b> Sharon  6:30pm <b>Shallow</b> Carol	12 5:45am <b>Deep</b> Lisa 8:30am <b>Shallow</b> Debbie 10am <b>Deep</b> Debbie 11am <b>Shallow</b> Debbie  6:30pm <b>Deep</b> Brie 7:30pm <b>WP Aqua Yoga</b> Carol	13 8:30am <b>Shallow</b> Karen 10am <b>Deep</b> Sharon  6:30pm <b>Shallow</b> Carol	14 5:45am <b>Deep Tabata</b> Carol 8:30am <b>Shallow</b> Karen 10am <b>Deep</b> Sharon  6:30pm <b>Shallow Aqua Dance</b> Brie	15  8:00am <b>Shallow Hips/Abs/Thighs</b> Carol  9:00am <b>Deep</b> Brie
17 5:45am <b>Deep HIIT</b> Cathy 8:30am <b>Shallow</b> Karen 10am <b>Deep</b> Sharon  6:30pm <b>Deep</b> Brie	18 8:30am <b>Shallow</b> Karen 10am <b>Deep</b> Sharon  6:30pm <b>Shallow</b> Carol	19 5:45am <b>Deep</b> Lisa 8:30am <b>Shallow</b> Debbie 10am <b>Deep</b> Debbie 11am <b>Shallow ZUMBA</b> Debbie  6:30pm <b>Deep</b> Carol	20 8:30am <b>Shallow</b> Karen 10am <b>Deep</b> Sharon  6:30pm <b>Shallow</b> Brie 7:00pm <b>Wellness Pool</b> Cathy	21 5:45am <b>Deep</b> Carol 8:30am <b>Shallow</b> Anne 10am <b>Deep</b> Karen  6:30pm <b>Shallow</b> Lisa	22 8:00am <b>Shallow Aqua Dance</b> Brie  9:00am <b>Deep HIIT</b> Carol
24 5:45am <b>Deep HIIT</b> Cathy 8:30am <b>Shallow</b> Anne 10am <b>Deep</b> Sharon  6:30pm <b>Deep</b> Brie	25 8:30am <b>Shallow</b> Karen 10am <b>Deep</b> Sharon  6:30pm <b>Shallow</b> Carol	26 5:45am <b>Deep</b> Lisa 8:30am <b>Shallow</b> Debbie 10am <b>Deep</b> Debbie 11am <b>Shallow</b> Debbie  6:30pm <b>Deep</b> Brie 7:30pm <b>WP Aqua Yoga</b> Carol	27 8:30am <b>Shallow</b> Karen 10am <b>Deep</b> Sharon  6:30pm <b>Shallow</b> Carol	28 5:45am <b>Deep Tabata</b> Carol 8:30am <b>Shallow</b> Karen 10am <b>Deep</b> Sharon  6:30pm <b>Shallow Aqua Dance</b> Brie	29 8:00am <b>Shallow Progressive Strength</b> Cathy  9:00am <b>Deep</b> Brie

## Specialty Class Descriptions

### **Aqua Dance**

Enjoy dance and exercise in the water with dynamic rhythms and easy to learn steps to get your body moving and grooving. From country to Latin to hip hop, there is something for everyone.

### **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 cardiorespiratory fitness.

### **Aqua Yoga**

Aqua yoga is a low-impact aquatic exercise, performing yoga poses in warm water. Aqua yoga poses simultaneously help you to develop strength, static balance, and range of motion increase. This is accomplished with diaphragmatic breathing and long exhalations.

### **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.