

JRSSC Water Aerobics Calendar April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;">1</p> 5:45am Deep HIIT Cathy 8:30am Shallow Anne 10am Deep Sharon 7 pm Deep Carol	<p style="text-align: center;">2</p> 8:00am Shallow Anne 10am Deep Sharon 7 pm Shallow Carol	<p style="text-align: center;">3</p> 5:45am Deep Lisa 8:30am Shallow Debbie 10am Deep Debbie 11am Shallow Debbie 7:00pm Aqua Yoga Carol	<p style="text-align: center;">4</p> 8:00 Shallow Anne 10am Deep Sharon 7 pm Shallow Carol	<p style="text-align: center;">5</p> 5:45am Tabata Carol 8:30am Shallow Anne 10am Deep Sharon 7 pm Shallow Lisa	<p style="text-align: center;">6</p> <p style="text-align: center; color: red;">SWIM MEET NO CLASS</p>
<p style="text-align: center;">8</p> 5:45am Deep HIIT Cathy 8:30am Shallow Anne 10am Deep Sharon 7 pm Deep Carol	<p style="text-align: center;">9</p> 8:00am Shallow Anne 10am Deep Sharon 7 pm Shallow Carol	<p style="text-align: center;">10</p> 5:45am Deep Lisa 8:30am Shallow Debbie 10am Deep Debbie 11am Aqua Zumba Debbie 7 pm Deep Gail	<p style="text-align: center;">11</p> 8:00am Shallow Anne 10am Deep Sharon 7 pm Shallow Gail 7:30 Cathy Wellness	<p style="text-align: center;">12</p> <p style="text-align: center; color: red;">SWIM MEET NO CLASS</p>	<p style="text-align: center;">13</p> <p style="text-align: center; color: red;">SWIM MEET NO CLASS</p>
<p style="text-align: center;">15</p> 5:45am Deep HIIT Cathy 8:30am Shallow Anne 10am Deep Sharon 7 pm Deep Gail	<p style="text-align: center;">16</p> 8:00am Shallow Anne 10am Deep Sharon 7 pm Shallow Carol	<p style="text-align: center;">17</p> 5:45am Deep Lisa 8:30am Shallow Debbie 10am Deep Debbie 11am Shallow Debbie 7:00pm Aqua Yoga Carol	<p style="text-align: center;">18</p> 8:00 Shallow Anne 10am Deep Sharon 7 pm Shallow Carol	<p style="text-align: center;">19</p> 5:45am Tabata Carol 8:30am Shallow Anne 10am Deep Sharon 7 pm Shallow Lisa	<p style="text-align: center;">20</p> 8:00am Shallow Gail 9:00am Deep Carol H/A/T
<p style="text-align: center;">22</p> 5:45am Deep HIIT Cathy 8:30am Shallow Anne 10am Deep Sharon 7 pm Deep Carol	<p style="text-align: center;">23</p> 8:00am Shallow Anne 10am Deep Sharon 7 pm Shallow Carol	<p style="text-align: center;">24</p> 5:45am Deep Lisa 8:30am Shallow Debbie 10am Deep Debbie 11am Aqua Zumba Debbie 7 pm Deep Gail	<p style="text-align: center;">25</p> 8:00am Shallow Anne 10am Deep Sharon 7 pm Shallow Gail 7:30 Cathy Wellness	<p style="text-align: center;">26</p> 5:45am Deep Cathy 8:30am Shallow Anne 10am Deep Sharon 7 pm Shallow Gail	<p style="text-align: center;">27</p> 8:00am Shallow Cathy Progressive Strength 9:00am Deep Gail
<p style="text-align: center;">29</p> 5:45am Deep HIIT Cathy 8:30am Shallow Anne 10am Deep Sharon 7 pm Deep Gail	<p style="text-align: center;">30</p> 8:00am Shallow Anne 10am Deep Sharon 7 pm Shallow Carol				

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.