



# Aqua Fitness Schedule Winter 2010

Schedule effective 12/12/2010  
(Schedule subject to change)

| Aqua Fitness Schedule | Time    | Monday                     | Tuesday                                  | Wednesday                            | Thursday                                     | Friday                              | Saturday                       | Sunday |
|-----------------------|---------|----------------------------|--|--------------------------------------|--|-------------------------------------|--------------------------------|--------|
|                       | 7:00am  |                            |  |                                      |  |                                     |                                |        |
|                       | 8:00am  | Aqua Fit<br>(Lori) (s/d)   | **Aqua Fit<br>(8:15am)<br>(Janet) (s/d)  | Aqua Fit<br>(Lori) (s/d)             | **Aqua Intervals<br>(8:15am)<br>(Gail) (s/d) | In-Depth<br>Challenge<br>(Joy) (d)  | Aqua Intervals<br>(Gail) (s/d) |        |
|                       | 8:30am  |                            |  |                                      |  |                                     |                                |        |
|                       | 9:00am  | Aqua Fit<br>(Lori) (s/d)   | **Aqua Fit<br>(Joy) (s/d)                | Aqua Fusion<br>(Lori) (s)            | **Aqua Intervals<br>(Janine) (s/d)           |                                     |                                |        |
|                       | 9:15am  |                            |  |                                      |  | Aqua Flow<br>n' Tone<br>(Janet) (s) |                                |        |
|                       | 9:45am  |                            | **Water Walk/<br>Ai Chi<br>(Gai/Joy) (s) |                                      | **Water Walk/<br>Ai Chi<br>(Janine/Joy) (s)  |                                     |                                |        |
|                       | 10:00am | Aqua Fusion<br>(Janet) (s) |  | In-Depth<br>Challenge<br>(Dee) (d)   |  |                                     |                                |        |
|                       | 10:15am |                            |  |                                      |  | Aqua Fusion<br>(Janet) (S)          |                                |        |
|                       | 11:15am |                            | **Senior Splash<br>(Gail) (s/d)          |                                      | **Senior Splash<br>(Janine) (s/d)            |                                     |                                |        |
|                       | 5:30pm  | Aqua Fit<br>(Gail) (s/d)   |  | In-Depth<br>Challenge<br>(Cindy) (d) |  |                                     |                                |        |
|                       | 6:30pm  |                            | In-Depth<br>Challenge<br>(Janine) (d)    |                                      |  |                                     |                                |        |

**\*\*45-Minute Class**

**(s) - Shallow Class**  
**(d) - Deep Class**  
**(s/d) - Shallow & Deep Class**

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**12/6/10**

# Class Descriptions

## Aqua Fit (s/d) **All fitness levels**

Water isn't just for beginners! Learn how to get a great workout in the water no matter what your fitness level is! Improve muscle tone, flexibility and cardiovascular fitness.

## Aqua Flow & Tone (s)

Using the body's core muscles in a controlled flowing manner, exercises will be performed in the shallow water. Emphasis will be on muscle and core strength, flexibility, and balance.

## Aqua Fusion (s) **All fitness levels**

This class is based on high intensity cardio, recovery and resistance interval training. Participants are guaranteed a total body workout with a smile.

## Aqua Intervals (s/d\*) **All fitness levels**

This class combines cardio and muscle conditioning in an interval setting and utilizes both the shallow and deep ends of the pool. Each cardio segment is followed by muscle conditioning and ending with an abdominal workout.

## In-Depth Challenge (d\*) **All fitness levels**

A Fun and Challenging workout! Increase cardiovascular endurance, strength, balance, flexibility and range of motion. This class is sure to be a ball! Use of a buoyancy belt is recommended.\*

## Senior Splash (s/d\*)

A social class designed for our Seniors. No swimming ability is required for this class that will help you build strength and increase your range of motion. Get wet! Be strong! Enjoy the class camaraderie! Use of a buoyancy belt is recommended in the deep water.\*

## Water Walk/Ai Chi (s)

Let the water relax your tense muscles as you work your joints to increase their range of motion and strength. This is a gentle approach for the first time Water Exercisers or those with Arthritis, Fibromyalgia, or recovering from and injury or surgery.

\*Buoyancy belts are provided and recommended in the deep end to help stabilize the body and provide safety.

### **How does Water Affect People Differently than Exercising on Land?**

- Buoyant support of water cancels 90% of the weight of a person submerged to the neck and 75% of the weight of a person submerged chest deep in the water. The body is lighter in water.
- Water offers constant resistance (12-14 times more than air)
- The impact on joints is decreased; eases joint mobility.
- Can work opposing muscle groups.
- The water continually cools the body creating more comfort to your workout.