



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WATER FITNESS SCHEDULE

**TO RECEIVE CLASS UPDATES VIA TEXT MESSAGE, TEXT 'WATER' TO (833) 495-4465**

- All classes last 45 minutes
- Participants are requested not to enter the pool until 5 minutes before the start of each class in order to limit the number of people on the pool deck

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am (Shallow) Morning Energizer w/ Catherine	8:00am (Shallow) Morning Energizer w/ Dee	8:00am (Shallow) Morning Energizer w/ Catherine	8:00am (Shallow) Morning Energizer w/ Dee	8:00am (Shallow) Morning Energizer w/ Catherine	8:30am (Shallow) Hearts at Work w/ Alyce & Renee
9:00am (Shallow) Shape Up w/ Rhonda	9:00am (Shallow) Hearts at Work w/ Jennifer	9:00am (Shallow) Shape Up w/ Catherine	9:00am (Shallow) Hearts at Work w/ Jennifer	9:00am (Shallow) Shape Up w/ Catherine	
10:00am (Shallow) Hearts at Work w/ Rhonda	9:00am (Deep) Aqua Fusion w/ Sharon	9:00am (Deep) Aqua Fusion w/ Rhonda	9:00am (Deep) Aqua Fusion w/ Sharon	9:00am (Deep) Aqua Fusion w/ Rhonda	
	10:00am (Shallow) Step In w/ Bonnie	10:00am (Shallow) Hearts at Work w/ Rhonda	10:00am (Shallow) Step In w/ Bonnie	10:00am (Shallow) Hearts at Work w/ Rhonda	
	7:00pm (Shallow) Hearts at Work w/ Renee		7:00pm (Shallow) Hearts at Work w/ Renee		
	7:00pm (Deep) Aqua Fusion w/ Lauri		7:00pm (Deep) Aqua Fusion w/ Lauri		

**MORNING ENERGIZER:** A low to moderate intensity shallow-water workout that will keep you loose and limber for the rest of the day. Participants will improve overall fitness using a variety of equipment and buoyancy techniques. Ideal for both beginner and advanced participants.

**SHAPE UP:** A well-rounded workout that incorporates stretching, balance, strength, and cardio exercises in a fast paced, fun routine to improve physical fitness. Equipment is used to increase water resistance.

**HEARTS AT WORK:** A moderate to high-intensity water aerobic workout designed to increase cardio respiratory fitness. This shallow-water class uses range of motion stretches for improving flexibility. Water resistant exercises are used to develop muscle tone and strengthen core muscles.

**STEP IN:** A shallow-water exercise program for participants new to water fitness in mind. Exercises focus on gentle water walking and beginner-level exercises with the goal of increasing endurance, core strength, muscle toning, and flexibility. This class is recommended for participants new to water fitness or wanting to reduce joint pain and increase joint flexibility.

**AQUA FUSION (DEEP-WATER ONLY):** A no impact class providing high resistance for a total body workout. Non-swimmers can participate with confidence as flotation belts are provided and recommended. Deep water provides resistance for strengthening major muscles, the core muscles, back, arms and legs.