



**Fall 2010
WATER AEROBICS SCHEDULE**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		Aqua Deep-end (Cindy V)		Aqua Deep-end (Cindy V.)		Total Body Conditioning (Kristin)
9:00am	Circuit Training (Cindy B.)	Hydro Challenge (Tammy B)	Total body conditioning (Kristin)	Salsa Dance/kickbox (Cindy B)	Hydro Challenge (Kristin)	
8:00am and 9:00am	Arthritis (Cindy V) 8AM	Arthritis (Barbara) 8AM	Arthritis (Cindy B.) 9AM	Arthritis (Barbara) 8AM	Arthritis (Barbara) 8AM	
6:30pm and 7:30pm	Deep Water (Cindy V) 6:30PM		Deep Water (Cindy B) 7:30PM			

*Each class consists of a 50 minute workout and classes are adaptable to all fitness levels.

*Arthritis classes will be held in the lily pad area for the 9am class

ARTHRITIS WATER AEROBICS:

This class is designed to promote healing. The soothing warmth and buoyancy of water makes it a safe, ideal environment for relieving arthritis pain, stiffness and improving your range of motion. Through active movement and stretching this class focuses on maintaining proper joint alignment and good body mechanics, while reducing joint stress.

AQUA DEEP-END:

This class is performed suspended in deep water, wearing a flotation belt for buoyancy. It has no impact, meaning you can have a total body workout without impact stress to the joints. Aqua deep-end is ideal for anyone looking for an intense, aerobic, strengthening, no-impact workout.

AQUA CIRCUIT:

This stimulating class alternates between cardiovascular, muscular fitness and flexibility exercises. It is very versatile and is only limited by the talented aerobic instructors imagination.

HYDRO CHALLENGE:

Add a little challenge, with this fun high-intensity water workout. This class includes explosive cardiovascular conditioning, upper and lower body toning benefits, along with some soothing stretches. For all fitness levels, work at your own pace.

TOTAL BODY CONDITIONING:

Get ready to strengthen and tone your muscles with the waters resistance. We will isolate and work every major muscle in the body getting a total body workout.

SALSA/KICKBOX

If you enjoy Zumba then this is the perfect class. This combines high intensity and fun to your workout. Get your heart rate up without the impact on your joints. With salsa music playing you are sure to experience a one of a kind aquatic class.