



Summer 2009
May 27th - Aug 9th
WATER AEROBICS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Aqua Deep-end (Cindy B.)		Aqua Deep-end (Cindy V)		Aqua Deep-end (Cindy B)	
7:00am		Aqua Deep-end (Teri)		Aqua Deep-end (Cindy V.)		
8:00am	Circuit Training (Cindy B.)	Hydro Challenge (Teri)	Total Body Conditioning (Shayla)	Circuit Training (Cindy B)	Hydro Challenge (Sarah)	
8:00am	Arthritis (Cindy V)	Arthritis (Barbara)	Arthritis (Sarah)	Arthritis (Barbara)	Arthritis (Cindy V)	
9:00am						Total Body Conditioning (Kristin)

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

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.