

WATER AEROBICS SCHEDULE

SCHEDULE STARTING SEPTEMBER 8th

Sand Hollow Aquatic Center - 1144 Lava Flow Drive						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Deep Water (Cindy K.)	Deep Water (Cindy K.)	Deep Water (Jennifer)	Deep Water (Cindy K.)	Deep Water (Cindy K.)	NO CLASS
9:00 AM	Shallow Water (MariAnne)	Shallow Water (Jennifer)	Shallow Water (Cindy B.)	Shallow Water (MariAnne)	Shallow Water (Jennifer)	Shallow Water (MariAnne) 8:30 AM
10:00 AM	Yoga (Jennifer)	Arthritis (Jennifer)	Arthritis (Jennifer)	Yoga (Jennifer)	Arthritis (Jennifer)	
EVENING 8:00 PM	NO CLASS	HIIT (Jacqueline)	Aqua Mix (Vanessa)	Paddleboard YOGA (Jacqueline)	NO CLASS	

ARTHRITIS:

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 MIX:

Come try out our Aqua Mix class. This class will cover various exercise techniques that include deep and shallow water aerobics, tabata, strength training, balance, core, and more. This class offers something for everyone.

DEEP WATER:

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.

HIIT:

This is a high intensity interval training class with the benefit of low impact in the water. This class is designed especially to improve cardiovascular fitness, as well as incorporate sculpting and some flexibility. It is a fun, high energy class for any fitness level.

PADDLEBOARD YOGA:

This class takes Yoga to the next level. Participants use paddleboards to float around in the water while doing a variety of yoga poses. It will increase your balance and enhance your core strength as you transition from pose to pose. Namaste

SHALLOW-WATER:

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.

YOGA:

Aqua yoga can be done in the shallow or deep water. This class works to improve flexibility, balance, posture, and strength. It also offers breathing and meditation techniques. The water adds several benefits to yoga that are great for the body and mind.