

# WATER FITNESS SCHEDULE

Winter 2019

January 7th– February 24th

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Mo	<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Mo		<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Mo	<b>Aqua Fitness</b> 9:30a-10:15a Lap Pool Mo	<b>Aqua Zumba</b> 8:00a-8:45a Lap Pool Maria/Laura	<b>Aqua Zumba</b> 10:00a-10:45a Lap Pool Tressa
PM	<b>Aqua Zumba</b> 7:30p-8:15p Warm Water Siobhan						





# WATER FITNESS DESCRIPTIONS!

## **AQUA ZUMBA:**

Join the Zumba "pool party". This class blends everything into a safe, challenging, water based exercise that is body toning and most of all exhilarating!



## **AQUA FITNESS:**

A combination of cardio and strength conditioning with low impact on your joints. Participation in the class will improve cardiovascular endurance and muscle strength.