

WATER EXERCISE SCHEDULE

SPRING 2019

APRIL 22ND - JUNE 9TH

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
AM	Aqua Fitness 9:30a-10:15a Lap Pool Anneliese	Aqua Fitness 9:30a-10:15a Lap Pool Anneliese	Aqua Stretch 9:30-10:15a Warm Water Pool Anneliese	Aqua Fitness 9:30a-10:15a Lap Pool Anneliese	Aqua Fitness 9:30a-10:15a Lap Pool Anneliese	Aqua Zumba 8:00a-8:45a Lap Pool Maria/Laura	Aqua Zumba 10:00a-10:45a Lap Pool Tressa
PM	Aqua Zumba 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 STRETCH:

Uses movements from various disciplines to stretch the body to improve flexibility, balance and strength.



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.