

WATER EXERCISE SCHEDULE

FALL II 2019

OCTOBER 21 - DECEMBER 8TH

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Aqua Fitness 9:30a-10:15a Lap Pool Erin	Aqua Stretch 8:15-9:00a 9:30-10:15a Warm Water Pool Anneliese	Aqua Fitness 9:30-10:15a Lap Pool Maria	Aqua Fitness 9:30a-10:15a Lap Pool Mo	Aqua Fitness 9:30a-10:15a Lap Pool Laura	Aqua Zumba 8:00a-8:45a Lap Pool Laura	Aqua Zumba 10:00a-10:45a Lap Pool Tressa
	Aqua Zumba 7:05-7:50p Warm Water Pool 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.