

WATER EXERCISE SCHEDULE

WINTER 2020

JANUARY 6TH - FEBRUARY 16TH

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



WATER EXERCISE DESCRIPTIONS

AQUA ZUMBA:

Join the Zumba "pool party". Fast and slow rhythms combine with resistance training to make you sweat

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