



# Aqua Group Fitness Class

## Fall Schedule 2019

Effective Sept. 16, 2019



## Aqua Zumba & La Blast Splash

\* All Level—work out with party atmosphere

- ◆ Resistance Training (toning muscles) + Cardio (endurance) in every movement in every direction!
- ◆ Low impact on joints, improves blood circulation, etc.
- ◆ Moving with fun music (Tempo training).

## Glide Fitness

- ◆ Intermediate level
- ◆ Aqua Base Stability workout (Core Strength)
- ◆ Water Exercise Classes are not limited by age, it is by ability. \* suggested age is 14 & up.



## HYDRO-FIT Class!

Intermediate/Advanced level.

- ◆ Combination of HIIT (High Intensity Interval Training) in both Shallow and Deep.
- ◆ Decrease muscle soreness, assist improving Flexibility and Insomnia.



Family Fitness Center  
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