

# Aqua Group Fitness Class Schedule **Fall 2019**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Cardio Tones		Fit Intervals		Hydro Combo 	*9am Only
8:10am	Cardio Tones		Cardio Tones		Cardio Tones	1st Week 9am Glide Fit
9:00am	Fit Intervals	Aqua Zumba 	Deep Intervals	Hydro Combo 	Aqua Zumba	2nd Week 9am Aqua Zumba
10:00am	Aqua Fitness	Glide Fit	Aqua Fitness	La Blast Splash! 	Aqua Fitness	3rd Week 9am Glide Fit
7:00pm	Aqua Zumba	La Blast Splash!	Aqua Zumba	Deep/Shallow DUO 		4th Week 9am Fit Intervals
8:00pm		Deep/Shallow DUO		Aqua Zumba 		5th Week 9am Deep/Shallow DUO

## Aqua Fitness

**Beginner**—A gentle combination of mild intensity aerobics and toning exercises performed at a slightly slower pace to encourage gradual increase on range of motion, decrease muscle soreness, heart health, assist flexibility and muscle tone.

## Fit Intervals/Deep Intervals

**Intermediate Level**—Frequent intervals throughout with variety exercises for total body. \*\* Deep—Non-joint impact workout while focused on core muscles to stabilize body against buoyancy to generate control and power during entire workout.

## Cardio Tone

**Intermediate/Advanced**—Promotes muscle strength and endurance as you work against the opposite force of water. Adding equipment will increase results while throwing in a few intervals will boost the cardio.

## Glide Fit

**Intermediate levels** —combining with Yoga, strength training, and HIIT (high intensity interval training) all combine on the fitness paddle board. Great way to challenge your stability workout!

## Aqua Zumba

**All Levels**—Exercise in disguise with FUN party atmosphere! Powerful total (upper and lower) body workout, focus on core muscles, high energy cardio intensity as you sync with world music in water!

## LaBlast Splash!

**All Levels**- Shallow cardio water exercise from ballroom dance moves and music in different era into water aerobic exercise!

## Deep/Shallow DUO

**All Levels**—Fun way to condition our total body as we train in different stations/depth with alternating high and low intervals.

## Hydro Combo

**Intermediate/Advanced level** —combination of HIIT workout and Toning exercises in both Deep/Shallow with faster pace.

**ALL CLASSES TAUGHT AS GROUP FITNESS ARE INCLUDED IN YOUR MEMBERSHIP OR DORP—IN!**