# Aqua Fitness

## Monday
- **Morning:**
  - Move Your Body (Shallow)
    - 9-10 a.m.
  - Aquafit Arthritis (Shallow)
    - 10-11 a.m.
- **Afternoon:**
  - Fit Wave (Shallow/Deep)
    - 12-1 p.m.
- **Evening:**
  - Deep Aqua Moves
    - 5:30-6:30 p.m.

## Tuesday
- **Morning:**
  - Move Your Body (Shallow)
    - 9-10 a.m.
  - Aquafit Arthritis (Shallow)
    - 10-11 a.m.
- **Afternoon:**
  - Fit Wave (Shallow/Deep)
    - 12-1 p.m.
  - Cardio Splash (Shallow)
    - 7-8 p.m.
- **Evening:**
  - Deep Aqua Moves
    - 5:30-6:30 p.m.

## Wednesday
- **Morning:**
  - Move Your Body (Shallow)
    - 9-10 a.m.
  - Aquafit Arthritis (Shallow)
    - 10-11 a.m.
- **Afternoon:**
  - Fit Wave (Shallow/Deep)
    - 12-1 p.m.
- **Evening:**
  - Deep Aqua Moves
    - 5:30-6:30 p.m.
  - Aqua Pump (Shallow)
    - 7-8 p.m.

## Thursday
- **Morning:**
  - Move Your Body (Shallow)
    - 9-10 a.m.
  - Aquafit Arthritis (Shallow)
    - 10-11 a.m.
- **Afternoon:**
  - Deep Aqua Moves
    - 5:30-6:30 p.m.
- **Evening:**
  - Aqua Pump (Shallow)
    - 7-8 p.m.

### Move Your Body
In shallow water, gentle combination of low aerobic and mild toning exercises performed at slightly slower pace to encourage successful and precise movement. Class designed to help improve flexibility and increase range-of-motion while toning all muscle group. Low Intensity/ Low Impact.

### Deep Aqua Moves
A deep water Interval Challenge starts with traditional aqua jog exercises followed by high intensity interval training, including strength and core challenges.

### Aquafit Arthritis
A low impact, low aerobic exercise designed to improve joint flexibility, range of motion and strength, as well as help lessen pain. Excellent class for participants with arthritis or fibromyalgia, or others who need joint specific exercises.

### Fit Wave
Aqua Fitness class for all ages and levels. The goal is to maintain and improve cardiovascular wellness, muscle strength, muscle endurance, flexibility, positive self-esteem and life longevity. Bring a friend or meet new friends while we WAVE through our individual FIT goals together. Combines Shallow and Deep Water Moves.

*Children under the age of 12 must be accompanied by an adult.*

### Cardio Splash
Designed to "work" the total body in shallow water, increasing core body strength, endurance and flexibility is the focus of this workout. All levels are welcome, and we encourage everyone to perform physical movement at their own pace.

### Aqua Pump
Torch calories and have fun with this challenging, high intensity, low impact workout in the shallow water. Set to high-energy music using resistance equipment; this class focuses on cardiovascular training with the option offered for high intensity intervals, muscle toning, core strength, flexibility, range of motion and functional coordination. This is a great class for people seeking fitness results with beginner, intermediate and advanced fitness levels.

### Selfie Saturday
A self-guided workout session. Participants are invited to use all aqua fitness equipment for a personalized session. * Guest Instructor will be available for group instruction.*