



# ***WATER FITNESS CLASS SCHEDULE***

***Effective September 3, 2024***

***All class sizes are limited to 15 participants***

Classes are 50 minutes in length (unless noted otherwise). **Advance Registration is Required** – Registration can be done 7 days in advance through the Wayside App. **PLEASE ARRIVE NO EARLIER THAN 5 MIN BEFORE CLASS.** All classes will be conducted in the shallow end of the pool. Members may participate in the deep end during any shallow water class with the appropriate equipment. Participants will be assigned an appropriate pool position according to height.

<b>Monday</b>	<b>Tuesday</b>	<b>Wed.</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
		8:00 AM <b>Aqua HITT</b> Kathy		8:00 AM <b>Aqua HITT</b> Kathy	8:05 AM <b>Aqua Boot Camp</b> Megan	No Classes
	11:00 AM <b>Aqua Power &amp; Strength</b> Kris		11:00 AM <b>Aqua Power &amp; Strength</b> Kris			
5:00 PM <b>Aqua Fit</b> Nancy			5:00 PM <b>Aqua Power &amp; Strength Training</b> Megan			

## ***WATER FITNESS CLASS DESCRIPTIONS***

**AQUA FIT:** A low to moderate-intensity shallow water training program designed for all fitness levels and abilities. Choreographed routines will focus on a total body workout with adaptations given for lower and higher intensities to suit your needs. This is a great, well-balanced exercise option that, because of the water's properties, will leave you energized and physically fit without excessive impact on joints.

**AQUA BOOT CAMP:** This class is a high-energy, low-impact water exercise program that combines strength training, cardiovascular conditioning, and core stabilization to improve strength, endurance, and flexibility. Aqua boot camp classes can be held in shallow or deep water and may include sports drills, circuits, interval training, and coordination and agility exercises.

**AQUA DEEP:** This class is conducted in the deep end of the pool wearing floatation belts – appealing to individuals who like a more challenging workout and/or who require an impact-free exercise option. Unrestricted, full-range of motion movements paired with more intense routines constantly challenge your core musculature and cardiovascular system. *A great tummy blaster!*

**AQUA POWER & STRENGTH:** A total body workout in the shallow end of the pool designed to power up your cardiovascular conditioning with a focus on the core, muscle flexibility, and strength. Aqua *Barre* moves may be incorporated for isometric muscle conditioning to further extend balance and agility.

**AQUA HIIT COMBO:** **High-intensity** interval training (HIIT) is combined with shallow water fitness routines for *a workout that will sure to challenge even the fittest individuals!*