

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:00am							
6:00am-7:00am		Making Waves (Bree)		Making Waves (Bree)		Making Waves (Bree)	
7:30am-8:30am							Aqua Beat (Danielle)
8:00am-8:45am						Spin (Darlene)	Muscle Sculpting (Lisa)
9:00am-10:00am		Kick & Core (Darlene)	Strength & Stretch (Darlene)	Kick & Core (Darlene)	Strength & Stretch (Darlene)	Gentle Yoga (Darlene)	
10:30am-11:15am		Sit & Fit (Darlene)		Sit & Fit (Darlene)			
12:15-1:00pm			SilverSneaker Aqua (Linn)		SilverSneaker Aqua (Linn)		
1:00pm-2:00pm						Sit & Fit (Darlene)	
5:30PM-6:30PM		Butts & Gutts (Rita)	Zumba (Nicole L)	Oula (Desiree) (45min)	Zumba (Nicole L)		
			Spin (Nicole R)		Spin (Nicole R)		
6:00pm-7:00pm			Aqua (Dick)		Aqua Craziiness (Danielle)		
6:30pm-7:30pm				Kick & Core (Rita)			

Legend	Class held in the pool	Flexibility, Balance, & Stability	Muscle Strength & Endurance	Dance Style Aerobics	Aerobic & Core Conditioning	endurance/ cardio on bikes downstairs	Total Body Conditioning
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**Note: The Pool is NOT available for open swim or individual workouts when there is a water aerobic class being conducted.**

## CLASS DESCRIPTIONS

**Making Waves:** Low impact moderate cardio water class, focusing on Strength, flexibility, and Stability. Suitable for most fitness levels

**Spin:** Cardio/Aerobic class where the instructor takes you on a bike ride up and down hills, standing and seated, Fast and slow (on stationary bikes down Stairs in the Spin Room)

**Strength & Stretch:** Strength and Endurance class Using Body weight, Hand held Weights, Tubes, and bands, to firm up the muscles, and increase strength and endurance.

**Sit N Fit:** Total body workout with the majority of the exercises completed from a seated position. Dumbbells, Resistance tubes, and Fitness balls are used to add intensity to the exercises. A great work out for those folks with limited mobility or limitations.

**Aqua Crazyness:** A Low impact, High energy class that uses the resistance of the water while minimizing impact to joints and back. Fun music, kickboxing and aerobic movements as well as weights, bands and noodles for strength and toning

**Aqua Beat:** Is a moderate to low impact class that incorporates the sound of great music, aerobic movements and toning using weights, bans and noodles.

**Zumba:** A dance aerobics class inspired by Latin music and dance such as the Rumba, Flamenco, Salsa, and Belly Dancing. Incorporates intervals and resistance training into the routines

**Gentle Yoga:** With a focus on your breath, we incorporate relaxing movements & gentle stretches for a mind/body workout.

**Silver Sneakers Aqua:** Shallow water exercise class done to music from yesterday and today. Silver splash boards, foam weights and noodles are used for resistance training if desired. All ages and fitness levels welcome. Swim skills not required.

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**Butts N Gutts:** Squats, lunges, planks, crunches, leg-lifts, and other strengthening moves intended to tone your glutes and core. Focusing on overloading the muscles! All moves can be modified for difficulty and done at your own pace

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**Kick N Core:** Incorporates kickboxing techniques with an interval training style cardio workout. After the first half of the class doing standing moves, we take it down to the floor for core focused moves to finish us off!

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**Oula:** An easy to follow, high cardio, dance fitness class for people of all abilities. It is a motivating hour of high-energy exercise to great music where participants are free to let it all out, and dance free of judgement.

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**Muscle Sculpting:** This class is designed to give you a full body workout. We use a variety of tools such as weights, bands, body weight, and exercise balls.

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**Aqua:** A water activity that takes the pressure off the bones and joints allowing you to increase your fitness levels safely