



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL 1 WATER AEROBICS

## SEPTEMBER 14TH - OCTOBER 23RD

### MONDAY

TIME	CLASS	ROOM
7:30-8:30 AM	Movers & Groovers	LP
8:30-9:30 AM	Making Waves	WW
9:30-10:30 AM	Water Works	WW
9:30-10:30 AM	Tone & Fit	LP
10:30-11:00 AM	Aqua Abs	LP

### TUESDAY

8:30-9:30 AM	Joyful Joints	WW
6:00-7:00 PM	Deep Water Aerobics	LP

### WEDNESDAY

7:30-8:30 AM	Movers & Groovers	LP
8:30-9:30 AM	Making Waves	WW
9:30-10:30 AM	Water Works	WW
9:30-10:30 AM	Tone & Fit	LP
10:30-11:00 AM	Aqua Abs	LP
5:00-6:00 PM	Aqua Fit	WW

### THURSDAY

8:30-9:30 AM	Joyful Joints	WW
6:00-7:00 PM	Deep Water Aerobics	LP

### FRIDAY

7:30-8:30 AM	Movers & Groovers	LP
8:30-9:30 AM	Making Waves	WW
9:30-10:30 AM	Water Works	WW
9:30-10:30 AM	Tone & Fit	LP
10:30-11:00 AM	Aqua Abs	LP

**POOL LOCATIONS**  
LP | LAP POOL  
WW | WARM WATER POOL

### CLASS DESCRIPTIONS

**LOW IMPACT, HIGH RESULTS** | While building relationships with others, you will actively participate in low-impact cardio and strength exercises that are good for both your body and mind.

### BEGINNER FITNESS LEVEL

**JOYFUL JOINTS** | Based on the principals of the Arthritis Foundation, Joyful Joints focuses on improving range of motion, balance, and muscle strength. Held in the Warm water pool, this is a fun class for people with arthritis, recovering from surgery or wanting to get back into exercise. Lap Pool.

**WATER WORKS** | Using the freedom water can provide, our instructor will lead participants in a variety of activities to get those with special needs and their caregiver in motion. (Ages 13 and up). Warm Water Pool.

### MEDIUM FITNESS LEVEL

**MAKING WAVES** | A wake up call for the mind and body, an interval training workout combining cardio and muscle toning. Formerly known as Aqua Fit M,W,F morning class. Warm Water Pool.

**MOVERS AND GROOVERS** | A fun way to improve overall health and fitness. This class includes cardio training, strength building, body toning, and core development. Uplifting conversation and fellowship included at no extra charge! Lap Pool.

**AQUA FIT** | A way to relieve some of the mid-week stresses of the body and mind. This class combines cardio, muscle toning and strengthening, and stretching, along with a lot of fun. Warm Water Pool.

### VARYING FITNESS LEVELS

**AQUA ABS** | Use the weightlessness of water to your advantage. Get a workout centered on your core. Minimal swimming skills are needed. Lap Pool.

**DEEP WATER AEROBICS** | A workout for all fitness levels that uses fun and intense movements to increase heart rate and strengthen major muscle groups. Participants do not need to know how to swim but must be comfortable in the deep end of the pool. A flotation belt can be used if the class member is not able to tread water. A great class with no direct impact on your joints. Have fun and get fit at the same time! Lap Pool.

**TONE & FIT** | A low-impact, body sculpting class, using the resistance of the water. This class seeks to tone the entire body while strengthening and stretching muscles and building balance. Come be a part of a supportive, encouraging group and experience the positive enhancements of this class. Lap Pool.