

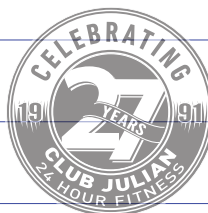
# Water Aerobics Schedule

NOVEMBER 2018



CHANGING THE WAY  
— YOU SEE FIT —

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	8:00a - 9:00a <b>HYDRO TBC</b> with Mike (B, M)		8:00a - 9:00a <b>HYDRO TBC</b> with Sharon (M, M)		8:00a - 9:00a <b>HYDRO TBC</b> with Elaine (B, M)	8:00a - 9:00a <b>RESIST IT!</b> with Darlene(M, M)	
9 AM				9:00a - 10:00a <b>THERAPEUTIC WAVES</b> with Patty (B, B)			
10 AM	10:00a - 11:00a <b>AQUA EXPRESS</b> with Patty (B, B)		10:00a - 11:00a <b>HYDRO POWER</b> with Elaine (B, M)		10:00a - 11:00a <b>AQUA EXPRESS</b> with Elaine (B, B)	10:00a - 11:00a <b>HYDRO HI-LO</b> with Darlene (M,M)	
11 AM		11:00a - 12:00p <b>HYDRO TBC</b> with Elaine (B, M)		10:00a - 12:00p <b>AQUA EXPRESS</b> with Patty (B, B)			11:30a - 12:30p <b>RESIST IT!</b> with Constance (M, M)
NOON							
1 PM							
2 PM		2:00p - 3:00p <b>THERAPEUTIC WAVES</b> with Patty (B, M)					
3 PM							
4 PM		4:00p - 5:00p <b>W W W</b> with Elaine (M, M)		4:00p - 5:00p <b>W W W</b> with Elaine (M, M)			
5 PM							
6 PM	6:00p - 7:00p <b>HYDRO TBC</b> with Darlene (M, M)	6:00p - 7:00p <b>RESIST IT!</b> with Darlene (M, M)	6:00p - 7:00p <b>HYDRO TBC</b> with Sharon (M, M)	6:00p - 7:00p <b>HYDRO TBC</b> with Patty (M, M)	6:00p - 7:00p (wks 1,3,5 starts April 7) <b>WATER ZUMBA!</b> <sup>®</sup> with Jen (B, M)		Choreography / Intensity: B=Basic, M=Moderate, A=Advanced



## CLASS DESCRIPTIONS:

**AQUA EXPRESS:** This water class is designed to accommodate all functional abilities and ages. It will improve balance, flexibility, strength, and cardiovascular endurance.

**HYDRO HI-LO:** This cardiovascular water training class focuses on using all of the muscles in your body, with the benefits of water resistance, and it is adaptable for all fitness levels.

**HYDRO POWER:** A medium to high-intensity water workout that refreshes and energizes and enhances fat burning.

**HYDRO TBC:** This is our comprehensive Total Body Conditioning class designed to tone every muscle group while enjoying the relaxing atmosphere of the pool.

**RESIST IT!** A refreshing water class that specifically trains your muscles through strength and conditioning exercises that utilize the resistance of the water.

**THERAPEUTIC WAVES:** A gentle form of water exercise therapy to ease discomforts from arthritis, osteoporosis, fibromyalgia, and other ailments.

**WATER ZUMBA:** Jen Pearson leads this exciting fusion of Latin and International music styles that delivers an energizing interval training routine - modified for the soothing waters of our indoor pool.

**W W W:** Water, walking, and weights. A slower paced pool workout that develops endurance, strength, and range of motion. Effective for arthritis and post-rehab conditions.