



# Summer 2024 AQUATIC SCHEDULE & DESCRIPTIONS

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY | FRIDAY   | SATURDAY | SUNDAY   |
|--|--|--|----------|--|----------|--|
| <b>Fluid Motion</b><br>9:00-9:30 AM<br>Leisure Pool    |  |  |          |  |          |  |
| <b>AquaFit</b><br>9:45-10:30 AM<br>Leisure Pool        |  | <b>AquaFit</b><br>9:45-10:30 AM<br>Leisure Pool    |          |  |          |  |
|  |  | <b>Arthritis</b><br>10:45-11:45 AM<br>Leisure Pool |          | <b>Water S.E.T Go!</b><br>1:00-1:45 PM<br>Outdoor Pool |          | <b>Aqua Tone &amp; Stretch</b><br>10:45-11:30 AM<br>Competition Pool |
| <b>Water S.E.T Go!</b><br>6:15-7:00 PM<br>Outdoor Pool | <b>AquaPower</b><br>7:00-7:45 PM<br>Competition Pool |  |          |  |          |  |

**Cost: \$5 for Members, \$10 for Residents, and \$12.50 for Non-Residents – Pay at the front Desk**

## Fluid Motion (Starts June 17<sup>th</sup>)

This low-impact class will focus on walking with the water’s natural resistance and stretching for participants looking to transition into aquatic exercise or an alternative to their high-impact exercise routine. (No Classes May 27, June 2, 8 and September 2)

## AquaFit (Starts June 17<sup>th</sup>)

This shallow water aquatic exercise class consists of a warm-up and warm-down encompassing an energetic cardio fitness workout using aqua resistance and music to keep participants moving. (No Classes May 27, June 2, 8, and September 2)

## AquaPower (Starts June 4<sup>th</sup>)

Our AquaPower class is designed for participants who are looking for a challenging water workout! Easy on the joints but an intense workout for the body, AquaPower will run in the 7-12 ft-deep competition pool. With motivating music and movements designed to build your endurance and strength, AquaPower is a great class for those who want to cross-train from running, biking, or other repetitive land exercises on the joints. (July 2 and 9 with Lisa at 7:15-7:55 PM)

## Aqua Tone & Stretch (Starts June 2<sup>nd</sup>)

Provides an overall workout using all muscle groups. The primary focus in class is on stretching along with abdominal and muscle toning. Aqua belts and aqua barbells will be utilized. (No Classes June 30 and July 7)

## Arthritis (Starts June 19<sup>th</sup>)

This class is designed to decrease pain and inflammation while increasing range of motion, flexibility, and general conditioning. It offers a traditional range of motion and exercise and an additional cardiovascular segment. (No Classes July 3 or 10)

## Water S.E.T Go! - strength, endurance, training (Starts June 3<sup>rd</sup>)

This mid-shallow aquatic group exercise class is for all abilities and levels. It focuses on fast paced interval training using cardio exercise and sometimes weight equipment for strength and conditioning all while listening to upbeat music! (No classes Aug 12 or 15)