

AQUATICS CLASS SCHEDULE | STARTING JANUARY 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:15 AM ABC Kristina	7:45-8:45 AM Aqua Sculpt Tina	7:30-8:15 AM Aquafit Fusion Kristina	7:45-8:45 AM Aqua Sculpt Kathy	9:00-10:00 AM ABC Tina	8:30-9:30 AM Aquafit Fusion Sheryl
8:15-9:00 AM New Waves Sheryl	9:00-10:00 AM Aquafit Fusion Kathy	9:00-10:00 AM ABC Kathy	9:00-10:00 AM New Waves Kathy		
	5:15-6:15 PM ABC Estelle			5:15-6:15 PM Aquafit Fusion Linda	

CLASS DESCRIPTIONS

ABC (Aqua Boot Camp)

This low impact, but energizing class is designed to build strength, endurance and power. This will challenge you by working your upper body, core and legs.

Aqua Sculpt

Use a variety of equipment as well as your own body vs the natural resistance of water, to tone muscle and gain strength, improve balance and your overall fitness level in this fun class.

New Waves

High energy moves to gain cardio fitness using water weights for toning

Aquafit Fusion

Move through a series of fluid, dynamic exercises to tone muscles and boost endurance in this high energy workout!