

AQUATICS CLASS SCHEDULE | BEGINNING AUGUST 10

MONDAY

7:30-8:15 AM
ABC
Kristina

8:15-9 AM
New Waves
Sheryl

TUESDAY

7:45-8:45 AM
Aqua Sculpt
Tina

9-10 AM
Aquafit Fusion
Kathy

5:15-6:15 PM
ABC
Estelle

WEDNESDAY

7:30-8:15 AM
Aquafit Fusion
Kristina

9-10 am
ABC
Kathy

THURSDAY

8-9 AM
Aqua Sculpt
Kathy

5:15-6:15 PM
Aquafit Fusion
Linda

FRIDAY

9-10 AM
ABC
Tina

SATURDAY

8:30-9:30 AM
Aquafit Fusion
Sheryl

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!



@courtsplusEPD



@courtsplus_epd