

AQUATICS CLASS SCHEDULE | JUNE 8 - JULY 23

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	8:00-9:00 AM Aqua Sculpt Tina	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 Tina	8:30-9:30 am ABC Linda/Sheryl	5:15-6:15 PM Aquafit Fusion Linda		
	5:15-6:15 PM ABC Estelle				

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!