

# SUMMER WATER FITNESS CLASS SCHEDULE

EFFECTIVE JUNE 3RD

Cottonwood Heights

Parks & Recreation

## MONDAY

- D** 7:00-8:00am  
H2O Fit \*\*  
(Lynn)
- D** 9:00-10:00am  
Tidal Wave \*/\*\*  
(Cheriee)
- D** 10:15am-11:00am  
Tidal Wave \*/\*\*  
(Cheriee)
- S** 11:00am-12:00pm  
Fluid Motion \*  
(Cheriee)

## TUESDAY

- D** 7:00-8:00am  
H2O Fit \*\*  
(Virginia)
- D** 9:00-10:00am  
Kraken Combos \*\*/\*\*  
(Michelle)
- R** 10:15am-11:00am  
Sports Moves \*  
(Michelle)
- S** 11:00am-12:00pm  
Water N' Weights \*\*/\*\*  
(Charlie)

## WEDNESDAY

- D** 7:00-8:00am  
Cardio Power Splash\*\*  
(Erika)
- D** 9:00-10:00am  
Kraken Combos \*\*/\*\*  
(Michelle)
- D** 10:15am-11:00am  
Cardio Tank \*\*/\*\*  
(Michelle)
- S** 11:00am-12:00pm  
Hydro-Tone \*\*/\*\*  
(Michelle)

## THURSDAY

- D** 7:00-8:00am  
H2O Fit \*\*  
(Virginia)
- D** 9:00-10:00am  
Water N' Weights \*\*/\*\*  
(Charlie)
- R** 10:15am-11:00am  
Water N' Weights \*\*/\*\*  
(Charlie)
- S** 11:15am-12:00pm  
Water N' Weights \*\*/\*\*  
(Charlie)

## FRIDAY

- D** 7:00-8:00am  
H2O Fit \*\*  
(Lynn)
- D** 9:00-10:00am  
Water N' Weights \*\*/\*\*  
(Charlie)
- D** 10:15am-11:00am  
Water N' Weights \*\*/\*\*  
(Charlie)
- S** 11:00am-12:00pm  
Cardio Splash \*/\*\*  
(Masuda OR Cheriee)

## SATURDAY

- R** 10:00-11:00am  
Cardio Splash \*/\*\*  
(Masuda OR Cheriee)

ONE STAR \* = LOW INTENSITY

TWO STARS \*\* = MEDIUM INTENSITY

THREE STARS \*\*\* = HIGH INTENSITY

\*All classes may be modified to skill level. Please speak with the instructor before your class about any modifications\*

outside

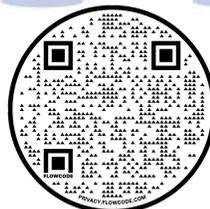
- D** DIVE TANK (DEEP)
- R** RACE POOL (SHALLOW/DEEP)



inside

- S** SPECIALTY POOL (SHALLOW)
- D** DIVE TANK (DEEP)

REGISTRATION REQUIRED FOR ALL CLASSES  
SCAN QR CODE WITH YOUR PHONE  
TO REGISTER



WANT TO KNOW WHAT'S GOING ON WITH  
AQUA FITNESS? JOIN OUR WEEKLY  
NEWSLETTER LIST! SCAN THE QR CODE  
TO BE ADDED



# Class Descriptions

**AQUA GROOVES:** A choreographed class that keeps you moving at a steady pace, in the same direction and time as other participants.

**CARDIO SPLASH:** This class is composed of cardio choreographed routines, mixing in a variety of dance forms. From salsa to kick-boxing, be ready to have fun while getting work done in the water.

**CARDIO TANK:** Kick up your metabolism! An energetic H2O cardio workout that utilizes equipment to produce power moves that increase cardio fitness, muscular endurance, strength and toning. Get ready to move!

**CARDIO POWER SPLASH:** Use the resistance of the water to improve cardiovascular fitness, endurance, and flexibility with power moves that gets your body moving!

**FLUID MOTION:** Focus on motion, balance, and posture exercises. Some light cardio and toning exercises are used throughout the workout. This is a great class to try if you are new to Aqua Fitness!

**HYDRO-TONE:** This class works on improvement of flexibility, core strength, breathing and balance.

**H2O FIT:** Cardio and strength training with a variety of non-impact moves using water resistance and resistance training equipment. Flotation belts provided for buoyancy.

**KRAKEN COMBOS:** Work your inner sea monster! This class will be a different format every week, exploring all the amazing activities we can have in an Aqua Fitness class; it's an adventure!

**SPORTS MOVES:** This class will challenge your inner athlete, with moves from kickboxing, volleyball, track, to "horse racing".

Intervals to increase your aerobic capacity, improve speed, and your agility.

**TIDAL WAVE:** Kick up your metabolism! This class appeals to all fitness levels and gets your body moving with low impact movements and light stretching.

**WATER 'N' WEIGHTS:** An intense workout which incorporates cardiovascular and strength training. Will use water bells or paddles for resistance (not actual weights). A total body workout!

## AQUA FITNESS FAQ:

### What are the best classes for beginners?

- Aqua Grooves
- Fluid Motion
- H2O Fit
- Cardio Splash

### Do I need to be "fit" to attend Aqua Fitness classes?

- No! All classes are able to accommodate any fitness level, although we recommend starting with our beginner classes :)

### Can I still attend classes if I am injured?

- Yes you can still attend, but we recommend discussing it with your doctor before hand to prevent further injury. All of our instructors are highly skilled and can accommodate class structure and routine for you if needed. \*please inform your instructor of any injuries prior to class\*

### How do I check in for class?

- Please visit one of our front desks before your class begins to receive your class pass. Give these to your instructor before class starts and enjoy your workout! \*if attending multiple classes in a row, please obtain ALL passes\*



## CLASS RATES:

## PER CLASS

## 10 PASS

## 20 PASS

### ULTIMATE MEMBER

### NO CHARGE

### PREMIUM MEMBER

\$7.00

\$63.00

\$126.00

### PREMIUM MEMBER SENIOR (62+)

\$6.00

\$54.00

\$108.00

### PREMIUM MEMBER YOUTH (14-17)

\$5.00

\$40.00

\$80.00

### NON-MEMBER

\$8.00

\$72.00

\$144.00

### NON-MEMBER SENIOR (62+)

\$7.00

\$63.00

\$126.00

### NON-MEMBER YOUTH (14-17)

\$6.00

\$54.00

\$108.00

- Class sizes are limited. Please sign up ahead of time on our website [www.cottonwoodheights.com](http://www.cottonwoodheights.com)
- Check-in cards can be obtained at the administrative front desks before each class begins