

Aqua Fitness

FALL 2022

~Effective September 6th—October 15th~

Water aerobics programs are designed to increase cardiovascular endurance, improve flexibility, and tone muscle with water as an aid.

Class lengths are 45-60min.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM	H2O FIT INDOOR DIVING TANK (LYNN)	H2O FIT INDOOR DIVING TANK (VIRGINIA)		H2O FIT INDOOR DIVING TANK (VIRGINIA)	POWER HOUR H2O INDOOR DIVING TANK (STEPHANIE P)	
8:00 AM						CORE MOBILITY INDOOR DIVING TANK (LISA)
9:00AM		AQUA –GROOVES INDOOR SPECIALTY POOL (MICHELLE)	SPORTS MOVES INDOOR SPECIALTY POOL (MICHELLE)		POWER HOUR H2O INDOOR SPECIALTY POOL (STEPHANIE P.)	
10:00 AM		FLUID MOTION (55 minutes) INDOOR SPECIALTY POOL (MICHELLE)	HYDRO-TONE (55 minutes) INDOOR SPECIALTY POOL (MICHELLE)			
11:00 AM	INTERVELOCITY INDOOR DIVING TANK (STEPHANIE P)	WATER 'N' WEIGHTS INDOOR DIVING TANK (CHARLIE)	TIDAL WAVE INDOOR DIVING TANK (MICHELLE)	WATER WONDERS INDOOR SPECIALTY POOL (SHARON)	CARDIO SPLASH INDOOR SPECIALTY POOL (MASUDA/SHARON)	
12:00PM		WATER 'N' WEIGHTS INDOOR SPECIALTY POOL (CHARLIE)	WATER 'N' WEIGHTS INDOOR DIVING TANK (CHARLIE)	WATER 'N' WEIGHTS INDOOR SPECIALTY POOL (CHARLIE)		
6:00 PM	WATER WONDERS INDOOR DIVING TANK (CHERIEE)		WATER WONDERS INDOOR DIVING TANK (CHERIEE)			

(Class Descriptions on Reverse Side)

CLASS DESCRIPTIONS

H2O FIT	Both cardio a strength training with a variety of non-impact moves using water resistance and resistance training equipment. Flotation belts for buoyancy are provided.
POWER HOUR H2O	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!
FLUID MOTION	A steady paced format focusing on range of motion, balance, and posture.
INTERVELOCITY	Intervals to increase your aerobic capacity, improve speed, and your agility.
TIDAL WAVE	Kick up your metabolism! This class appeals to all levels of fitness in either shallow or deep water.
CARDIO SPLASH	This class is composed of cardio choreographed routines, mixing in a variety of forms. From salsa to kick-boxing, be ready to have fun while getting work done in the water.
HYDRO-TONE	This class helps you improve your flexibility, core strength, breathing and balance.
CORE MOBILITY	Moving upright in a seated or treading position, this class uses core muscles to establish proper joint alignment and muscle engagement. Flotation belts/cuffs are used to assist in maintaining proper alignment to prevent injury and create Mobility for life.
AQUA GROOVES	Choreographed, cardio building format.
WATER WONDERS	Stepping, Strengthening, Striding and Stretching; A shallow water class that includes exercises to increase balance, overall body toning, and improved mobility & posture with fun cardio moves. Various equipment will be used during this class.
WATER 'N' WEIGHTS	An intense water aerobic workout which incorporates cardiovascular and strength training. Will use water bells or paddles for resistance. This is a total body workout!

Group Fitness Class Rates	<u>Per Class</u>	<u>Combo 10 Punch Card</u>	<u>Combo 20 Punch Card</u>
<u>Ultimate Member</u>	No charge		
<u>Premium or Basic Member Adult</u>	\$6.00	\$48.00	\$96.00
<u>Non-Member Adult</u>	\$7.00	\$63.00	\$126.00
<u>Premium or Basic Senior (age 62+)</u>	\$5.00	\$40.00	\$80.00
<u>Non-Member Senior (age 62+)</u>	\$6.00	\$54.00	\$108.00
<u>Premium or Basic Member Youth</u>	\$5.00	\$40.00	\$80.00
<u>Non-Member Youth</u>	\$6.00	\$54.00	\$108.00



Questions?
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