

Aqua Fitness

Winter 2023
~ Effective Sunday, January 1st ~

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7AM		H2O FIT DIVING TANK (LYNN)	H2O FIT DIVING TANK (VIRGINIA)	WATER 'N' WEIGHTS DIVING TANK (CHARLIE)	H2O FIT DIVING TANK (VIRGINIA)	WATER 'N' WEIGHTS DIVING TANK (CHARLIE)	
8AM				SPORTS MOVES SPECIALTY POOL (MICHELLE)			CORE MOBILITY DIVING TANK (LISA)
9AM		CIRCUIT H2O SPECIALTY POOL (STEPHANIE P)	AQUA GROOVES SPECIALTY POOL (MICHELLE)	HYDRO-TONE SPECIALTY POOL (MICHELLE)	WATER 'N' WEIGHTS SPECIALTY POOL (CHARLIE)	WATER 'N' WEIGHTS SPECIALTY POOL (CHARLIE)	
10AM			FLUID MOTION SPECIALTY POOL (MICHELLE)			CARDIO SPLASH SPECIALTY POOL (MASUDA)	
11AM	WATER WONDERS DIVING TANK (CHERIEE) (11:15-12:15)	INTERVELOCITY DIVING TANK (STEPHANIE P)	TIDAL WAVE DIVING TANK (MICHELLE)	H2O FIT DIVING TANK (LYNN)	WATER 'N' WEIGHTS SPECIALTY POOL (CHARLIE)	POWER HOUR H2O DIVING TANK (STEPHANIE P.)	

(Class Descriptions on Reverse Side)

****Indoor Classes are limited to 20 patrons/class.****

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

Classes are 45-60 minutes in length.



Questions?
 Courtney McGovern
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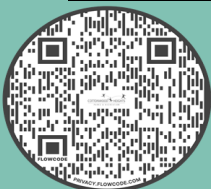


COTTONWOOD HEIGHTS
 PARKS & RECREATION

CLASS DESCRIPTIONS

AQUA GROOVES	Choreographed, cardio building format.
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.
CIRCUIT H2O	Boost your cardiovascular health and muscle endurance rotating through 6+ stations of exercises in the shallow water. Stations include endurance, resistance, strength and balance training using various equipment. Move through timed stations around the pool for an hour of targeted exercises and coaching
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.
FLUID MOTION	A steady paced format focusing on range of motion, balance, and posture.
HYDRO-TONE	This class helps you improve your flexibility, core strength, breathing and balance.
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.
INTERVELOCITY	Intervals to increase your aerobic capacity, improve speed, and your agility.
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!
TIDAL WAVE	Kick up your metabolism! This class appeals to all levels of fitness in either shallow or deep water.
WATER 'N' WEIGHTS	An intense water aerobic workout which incorporates cardiovascular and strength training. Will use water bells or paddles for resistance (not actual weights). This is a total body workout!
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.

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



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