

Winter 2018

Heights of Water Aerobics



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

CLASS SCHEDULE - (Class Descriptions on Reverse Side)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	H2O FIT INDOOR DIVING TANK	H2O FIT INDOOR DIVING TANK	H2O FIT INDOOR DIVING TANK	*H2O FIT* INDOOR DIVING TANK	H2O FIT INDOOR DIVING TANK		
8:00 AM						WATER WORKS INDOOR DIVING TANK	
8:30 AM					AQUA ZUMBA INDOOR SPECIALTY POOL		
9:00 AM	INTERVELOCITY INDOOR RACING POOL	AQUA-GROOVES INDOOR SPECIALTY POOL	SPORTS MOVES INDOOR RACING POOL				
10:00 AM	HYDRO-TONE INDOOR SPECIALTY POOL	FLUID MOTION INDOOR SPECIALTY POOL	HYDRRO-TONE INDOOR SPECIALTY POOL	*POWER POOL* INDOOR RACING POOL			
11:00 AM	30/20/10 INDOOR DIVING TANK		POWER POOL INDOOR DIVING TANK		INTERVELOCITY INDOOR DIVING TANK		
12:15 PM							SURPRISE H2O INDOOR DIVING TANK (45 min.)
6:00 PM	POWER POOL INDOOR DIVING TANK		WATER WORKS INDOOR DIVING TANK				

EFFECTIVE
September 4, 2018

Free intro. classes to first timers the 1st day of each month
October 1st, November 1st, December 1st

CLASS DESCRIPTIONS FOR WATER AEROBICS CLASSES:

H₂O Fit:** This deep water aerobic workout is for everyone! It incorporates both cardio and strength training with a variety of non-impact moves using water resistance and resistance training equipment. Flotation belts for buoyancy are provided.

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.

Power Pool*:** Kick up your metabolism! This class appeals to all levels of fitness in either shallow or deep water.

Sports Moves*:** This class will challenge your inner athlete, with moves like kickboxing, volleyball, track, to "horse racing".

Aqua Zumba:** Shake, shimmy, and sizzle in the water as we create some heat, Latin style!

Aqua Grooves:** A choreographed class that makes your heart beat faster and muscles work harder, with music set at a tempo to challenge your every move.

Hydro-tone*: This class helps you improve your flexibility, core strength, breathing and balance.

Surprise H₂O*: Come to this exciting class that involves a combination of 2 or 3 classes. Whether shallow or deep, this class will keep you moving.

Water Works:** Cardio, strength and flexibility for your core! Motivating music for your mind.

30/20/10:** Formatted for cardio/strength/core.

*Level One: slower paced, for beginners or those who need a less intense workout

** Level Two: moderate intensity, for days when you've already exercised, are recovering from an injury or just for fun

***Level Three: higher intensity and fast paced-- appropriate for the athlete as a cross-training workout

Youth aged 14 and up are welcome- younger children must be participating with a parent and instructor's permission. All classes are prepaid in the main office.
Punch cards cannot be replaced if lost or stolen. (Seniors = those 62 and older.)

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>	\$5.00	\$45.00	\$80.00
<u>Non-Member Adult</u>	\$6.00	\$55.00	\$100.00
<u>Premium or Basic Senior (age 62+)</u>	\$4.00	\$35.00	\$60.00
<u>Non-Member Senior (age 62+)</u>	\$5.00	\$45.00	\$80.00
<u>Premium or Basic Member Youth</u>	\$4.00	\$35.00	\$60.00
<u>Non-Member Youth</u>	\$5.00	\$45.00	\$80.00

The motivation for all personal behavior is to produce a sense of
"FEEL GOOD," a sense of inner peace and well being.
- Sidney Madwed



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