

# Winter 2021 Heights of Water Aerobics

January 2021

Water aerobics programs are designed to increase cardiovascular endurance, improve flexibility, and muscle tone with the aid of water. Classes are 45 minutes to 1 hour in length

**\*\*Pool capacities inside will be 15 participants \*\***

Please do not attend if you have any of the following symptoms

Fever or chills, cough, shortness of breathing or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose.

## 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		
9:00AM		AQUA -GROOVES INDOOR SPECIALTY POOL	SPORTS MOVES INDOOR SPECIALTY POOL				
9:30AM					AQUA ZUMBA INDOOR SPECIALTY POOL	WATER WORKS INDOOR DIVING POOL	
10:00 AM	HYDRO-TONE INDOOR SPECIALTY POOL	FLUID MOTION INDOOR SPECIALTY POOL	HYDRO-TONE INDOOR SPECIALTY POOL	POWER POOL INDOOR SPECIALTY POOL			
11:15 AM	30/20/10 INDOOR DIVING TANK		POWER POOL INDOOR DIVING TANK		INTERVELOCITY INDOOR DIVING TANK		SURPRISE H2O INDOOR RACING POOL 11:15am (45 min.)
6:00 PM	HYDRO-TONE INDOOR DIVING TANK		HYDRO-TONE INDOOR DIVING TANK				

*Free intro classes to first timers on November 1st, and December 1st.*

# CLASS DESCRIPTIONS FOR WATER AEROBICS CLASSES:

**H<sub>2</sub>O 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.

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

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

**Surprise H<sub>2</sub>O\*:** 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.)

## Health Guidelines

Please wear a mask to the pool, and while in the facility. Masks are not required during your fitness class. We have placed limits on classes so participants will get the most out of their workout.

## Current capacity

Indoor specialty pool—15 participants

Indoor Diving pool—15 participants.

If you would like to be added onto the water aerobics email list please contact, [marcie@cottonwoodheights.com](mailto:marcie@cottonwoodheights.com)

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