

# 2023 AQUATIC FITNESS SCHEDULE

January 2 - May 31



MONDAY	DEPTH	CLASS	INSTRUCTOR	LENGTH
5:30 AM	Deep	Tabaqua	Brad	50 Min
7:00 AM	Deep	Deep Water Exercise	Dallas	40 Min
7:45 AM	Deep	Deep Water Exercise	Dallas	40 Min
*8:00 AM	Shallow	*DYOC	No Instructor	55 Min
9:00 AM	Shallow	Arthritis	Dallas	30 Min
9:30 AM	Deep	Arthritis	Dallas	30 Min
3:00 PM	Deep	Hydro	Jean	50 Min
6:30 PM	Shallow/Deep	Yoga Fusion	Tanya	55 Min
TUESDAY	DEPTH	CLASS	INSTRUCTOR	LENGTH
7:00 AM	Deep	Deep Water Exercise	Dallas	40 Min
7:45 AM	Deep	Deep Water Exercise	Dallas	40 Min
9:00 AM	Shallow	Aqualates	Leigh	40 Min
3:00 PM	Deep	Tabaqua	Pennie	50 Min
6:30 PM	Deep	HIIT	Cheryl	55 Min
WEDNESDAY	DEPTH	CLASS	INSTRUCTOR	LENGTH
5:30 AM	Deep	Tabaqua	Brad	50 Min
7:00 AM	Deep	Deep Water Exercise	Dallas	40 Min
7:45 AM	Deep	Deep Water Exercise	Dallas	40 Min
*8:00 AM	Shallow	*DYOC	No Instructor	55 Min
9:00 AM	Shallow	Arthritis	Dallas	30 Min
9:30 AM	Deep	Arthritis	Dallas	30 Min
3:00 PM	Deep	HEAT	Jean	50 Min
6:30 PM	Deep	Mash Up	Lorie	55 Min
THURSDAY	DEPTH	CLASS	INSTRUCTOR	LENGTH
7:00 AM	Deep	Deep Water Exercise	Dallas	40 Min
7:45 AM	Deep	Deep Water Exercise	Dallas	40 Min
9:00 AM	Shallow	Aqualates	Leigh	40 Min
3:00 PM	Deep	Tabaqua	Pennie	50 Min
6:30 PM	Shallow/Deep	Yoga Fusion	Tanya	55 Min
FRIDAY	DEPTH	CLASS	INSTRUCTOR	LENGTH
5:30 AM	Deep	Tabaqua	Brad	50 Min
7:00 AM	Deep	Deep Water Exercise	Dallas	40 Min
7:45 AM	Deep	Deep Water Exercise	Dallas	40 Min
*8:00 AM	Shallow	*DYOC	No Instructor	55 Min
9:00 AM	Shallow	Arthritis	Dallas	30 Min
9:30 AM	Deep	Arthritis	Dallas	30 Min
3:00 PM	Deep	Tabaqua	Lynnette/Linda	50 Min
SATURDAY	DEPTH	CLASS	INSTRUCTOR	LENGTH
9:10 AM	Deep	Tabaqua/Deep Water Exercise	Brad	50 Min
10:10 AM	Deep	Tabaqua	Linda	50 Min

\*DYOC is "Do Your Own Cardio" and is participant led - there is no instructor

REVISED 12.13.2022

# AQUATIC FITNESS CLASS DESCRIPTIONS



## Arthritis (shallow)

Based on a program developed by the arthritis foundation for people with various types of arthritis. Class is held in shallow and deep water and participants do not need to know how to swim. A medical release is recommended.

## Aqua Zumba

Aqua Zumba class is designed to bring people together to sweat it on. How it works: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style aqua workout. This is a classic aqua aerobics class with Latin flavor added. You perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling.

## Deep Water Exercise

This class utilizes flotation belts. It Aerobically strengthens and tones all muscle groups.

## HEAT: High - Energy - Aquatic - Training (Deep Water)

A deep water interval training & high-intensity class utilizing various equipment to add to the heat. This is a total body workout adaptable to all fitness levels. Pre/Post Natal participants are welcome to attend this class.

## Hydro

A high-intensity, deep water workout.

## Intense Workout (Deep Water)

Cardio & strength conditioning for lifestyle enhancement using a floatation belt & hydro-tone equipment.

## SWAT (Shallow Water Aerobic Training)

A high-energy, shallow water workout that increases endurance by using resistance equipment.

## Tabaqua

A HIIT (high-intensity interval training) class that utilizes the Tabata technique to burn calories, increase metabolism & break through your training plateau.