








# Water Fitness Class Schedule

Effective **July 2021**

Aqua shoes and water bottles are highly recommended for all shallow water classes.



843-281-3737

Time	Mon	Tues	Wed	Thurs	Fri	Sat
7:30a	Cardio/Power HIIT Ann	Cardio Tabata Rachael	Cardio/Power HIIT HIIT Ann	Cardio Tabata Ann	Cardio Tabata Rachael	
8:30a	Cardio/Power HIIT Ann	Cardio Tabata Rachael	Cardio/Power HIIT Ann	<b>Temporarily No Class</b>	Cardio/Power HIIT Rachael	
9:00a -OR- 8:30a		Deep Water Lynne 9:00a		Deep Water Lynne 9:00a		Weekend Splash Mel 8:30a
10:00a	Aerobic Lite Lynne	Arthritis Strength -N- Stretch Lynne	Aerobic Lite Rachael	Basic Moves Made Better Lynne	Ai Chi Judy	
11:15a - Or - 11:30a	Barre None Lynne 11:30a	Yo-Chi Marc  11:30a	Barre None Lynne 11:30a	Yo-Chi Marc  11:30a	Barre None Lynne 11:15a	
5:15p	Sunset H2O Combo Lynne		Sunset H2O Combo Lynne			

- \* Aerobic Lite \* Ai Chi \* Barre None \* Basic Moves Made Better \*
- \* Cardio Power HIIT \* Deep Water in Lap Pool \* Cardio Tabata \*
- \* Sunset H2O Combo \* Weekend Workout \* Yo Chi \*

*Water Fitness Calendar on back.*

Revised 7/5/2021 @ 2:27 PM

# Water Fitness Class Descriptions

## All Classes are 45 minutes

### **Aerobic Lite**

Exercises are geared to use resistance of the water while moving to improve cardiovascular fitness, endurance and muscle tone.

### **Ai Chi**

Slow graceful exercise designed for relaxation, balance & health. Class takes advantage of the properties of water fostering range of motion, while challenging balance, facilitating core strength & stability.

New to class? Please arrive 10 minutes early for orientation.

### **Arthritis Strength -N- Stretch**

This class focuses on conditioning, strength, endurance and stretching components increasing flexibility and range of motion through a total body workout. **Participants are encouraged to work within their own range of motion.**

### **Barre None**

This class incorporates guided stretching to improve range of motion, reduce pain and prevent injury. Elements include basic Barre, walking, balance and posture emphasis.

### **Basic Moves Made Better**

This class focuses on using 7 basic foot positions while performing moderate exercise. Foot positions are applied using all 3 movement planes, to achieve faster and better workout results.

### **Cardio Tabata**

This class incorporates interval training using the properties of water through a variety of simple yet intense exercises allowing each participant to get a terrific cardio workout.

### **Deep Water (Lap Pool)**

This class covers a range of physical fitness through movements in deep water. Creative cardiovascular work combined with water resistance training to tone and firm the entire body. Flotation belts are required.

### **Cardio/Power HIIT**

Various cardio & strength routines are incorporated using body weight and water resistance to give you a maximum aquatic workout.

### **Sunset H2O Combo**

This class combines cardio, strength training, flexibility and balance to enhance your water fitness experience. Come get fit while having fun as the sun goes down. All fitness levels are welcome!

### **Weekend Workout**

Wind down your week with a fun creative low key workout. Build cardio endurance while gaining muscle strength and having fun!

### **Yo-Chi**

This class combines the best of Ai Chi and Yoga to help with balance, stabilization, relaxation, increase in range of motion and more.

*Water Fitness Calendar on back.*

*Revised 7/5/2021 @ 2:27 PM*