



# Water Fitness Class Schedule

**JANUARY 2023!!**

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	<b>AQUA BLAST</b> <i>Ann</i>	<b>FIT FOR FUN</b> <i>Rachael</i>	<b>AQUA TABATA</b> <i>Ann</i>	<b>HOP IN GET DOWN</b> <i>Mel</i>	<b>FIT FOR FUN</b> <i>Rachael</i>	
8:30a	<b>AQUA BLAST</b> <i>Ann</i>	<b>FIT FOR FUN</b> <i>Rachael</i>	<b>AQUA TABATA</b> <i>Ann</i>	<b>HOP IN GET DOWN</b> <i>Mel</i>	<b>FIT FOR FUN</b> <i>Rachael</i>	
7:30a -OR- 9:00a	<b>IN OVER YOUR HEAD</b> <i>Susan</i> <i>Beginning Jan 9<sup>th</sup>!</i>	<b>IN OVER YOUR HEAD</b> <i>Susan</i>	<b>IN OVER YOUR HEAD</b> <i>Susan</i> <i>Beginning Jan 11<sup>th</sup>!</i>	<b>IN OVER YOUR HEAD</b> <i>Susan</i>		<b>HOP IN GET DOWN</b> <i>Mel</i>
10:00a	<b>MAKIN' WAVES</b> <i>Susan</i>	<b>FLEX -A- BILITY</b> <i>Susan</i>	<b>FULL BODY TONE</b> <i>Dave</i>	<b>GETTIN' HIIT TO THE OLDIES</b> <i>Cindy</i>	<b>AI CHI</b> <i>Judy</i> 	
11:00a	<b>EXER-STRETCH</b> <i>Susan</i>	<b>YO CHI</b> <i>Marc</i> 	<b>EXER-STRETCH</b> <i>Susan</i>	<b>AI CHI</b> <i>Judy</i> 	<b>HOP IN GET DOWN</b> <i>Mel</i>	
5:15P	<b>FULL BODY TONE</b> <i>Dave</i>		<b>FULL BODY TONE</b> <i>Dave</i>			

Water Fitness Calendar on back.

Revised 12/28/2022 @ 10:20 AM

# Water Fitness Class Descriptions



**All Classes are 45 minutes - All fitness levels are welcome!**  
**Bring your water bottle to refresh – rehydrate during class.**

## **Ai Chi**

Slow graceful movements to soothing music promoting relaxation, balance, reflection while increasing range of motion. New to class? Please arrive 5 minutes early for orientation.

## **Aqua Blast**

Expect the unexpected in this overall aqua fitness class! No two classes are alike. You'll get a surprise workout every time and leave feeling revived and ready for your day!

## **Aqua Tabata**

This fast paced class will get your heart pumping using a series of 4 minute exercise sequences alternating between short bouts of intensity and rest. New to aqua exercise? Work at your own pace and gradually increase your intensity. Don't miss out on this one!

## **Exer-Stretch**

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

## **Fit For Fun**

Challenge yourself with intervals of strength and resistance for a full body workout using dumbbells and noodles. You'll find every muscle group working and reap the benefits of more energy, more strength and increased cardio efficiency. Start your day right. Let's get wet!

## **Flex-A-Bility!**

This total body workout focuses on conditioning, strength, endurance and stretching components. You'll find increased flexibility and range of motion. Stretch Bands are used but not required.

## **Full Body Tone**

A mix of cardiovascular, strength and toning exercises is the perfect way to start or end your day. Come get fit and energized.

## **Gettin' HIIT to the Oldies**

Move it & groove it as you exercise to your favorite Oldies music and get that young feeling again. This fun exercise class gets your body moving, strengthening and stretching all muscle groups. Don't miss out on this one!

## **Hop In – Get Down!**

Groove to those great tunes from the past focusing on both cardio and strength training either during the week or weekend.

## **In Over Your Head! (Lap Pool)**

Creative cardiovascular exercises in deep water combined with water resistance training will help tone and firm your entire body. Challenge yourself to a different kind of workout. You'll be glad you did! Flotation belts are required.

## **Makin' Waves**

Seven basic foot positions of water exercise are applied using all 3 movement planes to achieve faster and better workout results. You'll find increased balance and stability is achieved with continued exercise. Weights and noodles are used but not required.

## **Yo-Chi**

Using Yoga and Ai Chi variations to promote wellbeing, balance, flexibility and confidence in the water, you'll be ready to continue your day feeling revived and ready for anything.