



# Water Fitness Class Schedule

## Effective MAY 2022

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	Tabata / HIIT Combo Ann	Cardio Tabata Rachael	Tabata / HIIT Combo Ann	Weekday Splash Mel	Cardio Tabata Rachael	
8:30a	Tabata / HIIT Combo Ann	Cardio Tabata Rachael	Tabata / HIIT Combo Ann	Weekday Splash Mel	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	Basic Moves Made Better Lynne	Arthritis Strength - N- Stretch Lynne	Aerobic Lite Rachael	Aqua Cardio, Core & Balance Cindy	Ai Chi Judy 	
11:15a	Barre None Lynne	Yo-Chi Marc 	Barre None Lynne	Yo-Chi Marc 	Weekday Splash Mel	
5:15p	Sunset H2O Combo Lynne		Sunset H2O Combo Lynne			

- \* Aerobic Lite \* Ai Chi \* Aqua Core, Cardio & Balance \* Arthritis Strength & Stretch \*
- \* Barre None \* Basic Moves Made Better \* Cardio Power HIIT \* Cardio Tabata \*
- \* Deep Water (Lap Pool) \* Sunset H2O Combo \* Weekend-Weekday Workout \* Yo Chi \*

Water Fitness Calendar on back.

Revised 4/26/2022 @ 8:53 AM

## **Water Fitness Class Descriptions**

**All Classes are 45 minutes - All fitness levels are welcome!**

### **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 5 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.

### **Aqua Cardio, Core & Balance**

Want a unique workout incorporating cardio, core and balance? Come out and give this class a try! You'll be glad you did.

### **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.

### **Tabata / HIIT Combo**

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.

### **Weekday Splash/ Weekend Splash**

Rev up your morning / 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 4/26/2022 @ 8:53 AM*