

AQUAFIT SCHEDULE

Effective January 2nd, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30-9:15 Monday Madness (I) PENNY	8:30-9:15 Absolute Power (M) GAIL	8:30-9:15 Liquid Interval (I) ANITA/PENNY	8:30-9:15 Step & Sculpt (M) ALYSSA	8:30-9:15 T.G.I.F. (M) RITA/PENNY		
9:20-10:05 Aqua Basix (M) KAREN	9:20-10:05 Aqua Combo (I) GAIL	9:20-10:05 Aqua Basix (M) CHERYL	9:20-10:05 Cardio Splash (A) PENNY	9:20-10:05 Beyond Basix (M) DEBORAH	9:00-9:45 Absolute Power (M) SUSAN	
10:10-10:55 Cardio Splash (A) KELLEY	10:10-10:55 Aqua Arthritis (B) PENNY	10:10-10:55 Aqua Arthritis (B) CHERYL	10:10-10:55 Aqua Arthritis (B) MIKE	10:10-10:55 Liquid Interval (I) DEBORAH	9:50-10:35 Cardio Splash (A) SUSAN	10:35 - 11:20 Cardio Splash (A) LUCY
11:00-11:45 Aqua Arthritis (B) KELLEY	11:00-12:00 LAP SWIMMING ONLY		11:00-12:00 LAP SWIMMING ONLY	11:00-11:45 Aqua Arthritis (B) DEBORAH	11:30 - 12:30 LAP SWIMMING ONLY	
1:30 - 2:15 Aqua Arthritis (B) MIKE		1:30 - 2:15 Aqua Arthritis (B) MIKE		1:30 - 2:15 Aqua Arthritis (B) MIKE		1:00 - 3:00 Family Swim
5:30-6:15 Liquid Interval (I) GAIL		5:30-6:15 Cardio Splash (A) DANA		<p style="text-align: center;"><u>POOL HOURS</u> Monday – Friday: 5:00 am to 10:00 pm Saturday: 5:00 am to 7:30 pm Sunday: 7:00 am to 7:30 pm Please do not do laps during Aquafit Classes</p> <p>(B) Beginner (I) Intermediate (A) Advanced (M) Multi Level</p>		
6:20-7:05 Cardio Splash (A) GAIL	6:15-7:00 Step & Sculpt (I) ALYSSA	6:20-7:05 Aqua Turbo (A) DANA	6:15-7:00 Cardio Splash (A) ALYSSA/MEGAN			
7:10-7:55 Absolute Power (M) CHERYL	7:05-7:50 Cardio Splash (A) MEGAN		7:45 - 8:45 LAP SWIMMING ONLY			

AQUA ARTHRITIS For those who require a gentle workout, light cardio with emphasis on range of motion.

AQUA BASIX A low to medium intensity and fun orientated class ideal for beginners, seniors, and those recovering from injury.

BEYOND BASIX A medium intensity class for those who want just a little bit more.

AQUA TURBO Combining drills, bootcamp and kick boxing, this class will deliver a fun, exhilarating and power packed workout. You will increase strength and reshape the body by using the water's resistance. Challenging for all fitness levels.

ABSOLUTE POWER Conditioning and balance exercises to help strengthen and tone the abdominal area. Some equipment may be used.

CARDIO SPLASH A medium to high intensity cardiovascular class, incorporating equipment to improve muscular strength and endurance. This class is ideal for those wanting to improve general fitness, in a fun aquatic environment.

HYDRO SCULPT Get the defined look you want in your arms, legs and abs with the use of dumbbells, noodles and the natural resistance of the water. Add some cardiovascular components to the class for a total body workout.

LIQUID INTERVALS Multi-level, interval training format combines alternating cycles of cardio and resistance training.

MONDAY MADNESS After the weekend, here is your chance to burn some of those unwanted calories with Monday Madness.

WET STEP It's step in the water!!! This class is a medium-high intensity workout that will boost your heart rate & improve your endurance.

STEP & SCULPT An interval training format mixing cardio along with strength training using the wet steps and water weights.

AQUA COMBO Embark on a liquid, mind-body journey, to build core strength & improve flexibility using a mix of Yoga, Pilates and other stretches. Focus is on breath, body alignment & muscle balance. A wonderful stress reliever.

T.G.I.F. Thank Goodness It's Friday – a cardio workout with a little mix of everything