

AQUA FITNESS

Aqua Deep (Cardio)

45 minutes. Break a sweat in the water in this intense cardio workout. All moves executed with no impact. Core and cardio exercises will build strength and improve your fitness level. Flotation belts are used for proper body alignment.

Aqua Kickboxing

UAC is bringing the fun and energy of kickboxing to the water! This class offers an upbeat cardio workout blended with resistance training.

Aqua Strength & Stride (Strength & resistance training)

45 minutes. Maximize your strength while toning, lengthening, and defining muscles. Using the natural resistance of the water as well as aquatic weights and exercise equipment, you'll learn how to safely and effectively intensify your aquatic workouts. While all muscle areas are used, focus is on the legs, lower back and core in these medium impact workouts.

Cardio Fusion: (45 minutes)

Enjoy this fun, high energy, full body workout. This class blends an upbeat cardio workout with muscular toning. All ages, skill, and fitness levels are welcome!

Hydro Flex

30 minutes (Hydro Flex MAX 45 minutes). Improve and maintain joint flexibility, range of motion and muscle strength in this low impact class. Highly recommended for people with Arthritis, Osteoporosis and other joint related conditions. Arthritis Foundation guidelines incorporated.

SilverSneakers® Splash (45 minutes)

Open to everyone! LOTS of fun in the shallow water to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special Silver Sneakers® kickboard is used to develop strength, balance, and coordination.

Sha'-Deep (45 minutes)

A medium intensity workout where the instructor is visible from both the Deep or Shallow area, so you select where you take the class! Get those muscles moving with minimum impact!

CLASS SCHEDULE

updated 1/1/19

MONDAY

7:45am	HydroFlex Max	Warm Pool
8:30am	Aqua Kickboxing	Main Pool
11:30am	SilverSneakers Splash	Main Pool
6:00pm	Aqua Bootcamp	Main Pool

TUESDAY

6:00am	Aqua Deep	Deep Pool
8:00am	Stride and Strength	Main Pool
8:45am	HydroFlex Max	Warm Pool

WEDNESDAY

7:45am	HydroFlex Max	Warm Pool
8:30am	Sha'-Deep	Main/Deep Pool
9:30am	Cardio Fusion	Main Pool
11:30am	Mix n' Match	All Pools
6:00pm	Aqua Deep	Deep Pool

THURSDAY

6:00am	Aqua Deep	Deep Pool
8:00am	Aqua Kickboxing	Main Pool
8:45am	HydroFlex Max	Warm Pool

FRIDAY

7:45am	HydroFlex Max	Warm Pool
8:30am	Sha'-Deep	Main/Deep Pool
11:30am	Mix n' Match	All Pools

SATURDAY

7:15am	Aqua Deep	Deep Pool
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*Each week will be a surprise of a different variation of your favorite aquatic fitness classes, keeping things fun and exciting!



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