

AQUA FITNESS

Aqua Boot Camp

30 minutes. This highly challenging class will offer strength and endurance training to give you an excellent cardio and strength workout. Intensity of workout can be increased by adding water resistance tools.

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.

NEW! Aqua Fit

A low impact, full body work out designed to increase the heart rate using various pool equipment such as weights, noodles, and kick boards.

NEW! Aqua Pilates

Designed to condition the full body and help increase flexibility, core strength, balance, and stability using noodles.

Aqua Shallow

45 minutes. Focuses on all aspects of movement. Low to medium impact. Can be modified to fit all needs. Equipment may be used.

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!

CLASS SCHEDULE

updated 3/1/19

<p>MONDAY</p> <p>7:45am HydroFlex Max Warm Pool</p> <p>8:30am Aqua Kickboxing Main Pool</p> <p>11:30am SilverSneakers Splash Main Pool</p> <p>6:15pm Aqua Bootcamp Main Pool</p>	<p>TUESDAY</p> <p>6:00am Aqua Deep Deep Pool</p> <p>8:00am Stride and Strength Main Pool</p>
<p>WEDNESDAY</p> <p>7:45am HydroFlex Max Warm Pool</p> <p>8:30am Sha'Deep Main/Deep Pool</p> <p>10:30am Aqua Bootcamp Main Pool</p> <p>4:15pm Aqua Shallow Warm Pool</p> <p>6:15pm Aqua BootCamp Main Pool</p>	<p>THURSDAY</p> <p>6:00am Aqua Deep Deep Pool</p> <p>8:00am Aqua Kickboxing Main Pool</p> <p>10:30am Aqua Fit</p> <p>11:30am AquaPilates</p> <p>NEW CLASSES!</p>
<p>FRIDAY</p> <p>7:45am HydroFlex Max Warm Pool</p> <p>8:30am Sha'Deep Main/Deep Pool</p> <p>11:30am Mix n' Match All Pools</p> <p><small>*Each week will be a surprise of a different variation of your favorite aquatic fitness classes, keeping things fun and exciting!</small></p>	<p>SATURDAY</p> <p>7:15am Aqua Deep Deep Pool</p>

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.

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!

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.



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