

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.

Aqua Pilates

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

Aqua Tai Chi

Enjoy a relaxing experience with our Aqua Tai Chi class in our 92 degree therapy pool. Perfect for stress relief creating improved range of motion and mobility. This Low impact class will feature deep breathing and stretching.

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.

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.

CLASS SCHEDULE

updated 5/1/19

MONDAY

7:45am	HydroFlex Max	Warm Pool
8:30am	Aqua Kickboxing	Main Pool
11:30am	SilverSneakers Splash	Main Pool
6:15pm	Aqua Bootcamp	Main Pool

TUESDAY

6:00am	Aqua Deep	Deep Pool
8:00am	Stride and Strength	Main Pool

WEDNESDAY

7:45am	HydroFlex Max	Warm Pool
8:30am	Sha'Deep	Main/Deep Pool
10:30am	Aqua Bootcamp	Main Pool
6:15pm	Aqua BootCamp	Main Pool

THURSDAY

6:00am	Aqua Deep	Deep Pool
7:15am	Aqua Tai Chi	Warm Pool
8:00am	Aqua Kickboxing	Main Pool
11:30am	Aqua Pilates	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!

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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