

AQUA FITNESS

HIIT 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 Kickboxing

45 minutes. 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.

Aqua Tai Chi

30 minutes. 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.

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 9/1/19

MONDAY

7:45am HydroFlex Max Warm Pool
8:30am Aqua Kickboxing 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 HIIT Bootcamp Main/Deep Pool
11:30am Aqua Tai Chi Main Pool
6:30pm HIIT Bootcamp Main/Deep Pool

THURSDAY

6:00am Aqua Deep Deep Pool
7:15am Aqua Tai Chi Warm Pool
10:15am Aqua Kickboxing Main Pool
11:00am SilverSneakers Splash Main Pool

FRIDAY

7:45am Aqua Tai Chi Main Pool
8:30am Sha'Deep Main/Deep Pool
11:30am Mix n' Match All Pools

SATURDAY

7:15am Aqua Deep Deep Pool

*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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