

### All Aqua Fitness Classes Are Included In Your Membership!

#### Aqua Dance (45 min)

Make a splash during this party in the water that will keep you moving while having fun to your favorite music.

#### Aqua Tai Chi (45 min)

Created to help enjoy the water using flowing yet powerful movements targeting the lower extremities, trunk and back muscles while using the water's resistance.

#### Aqua Bootcamp (45 min)

A high energy class focusing on strength and endurance training in the water while offering options to increase and decrease intensity.

#### Active Agers (45 min)

Designed to get you moving with low impact. A variety of traveling exercises will offer a workout to improve range of motion, muscular strength and stamina while decreasing stress on joints.

#### Aqua Fusion (45 min)

This dynamic aquatic workout merges cardio and strength training, harnessing the resistance of water for a full-body workout.

#### MONDAY

8:30am	Aqua Fusion	Main Pool
10:00am	Aqua Dance	Main Pool

#### TUESDAY

7:30am	Aqua Tai Chi	Warm Pool
8:30am	Aqua Boot Camp	Main Pool
11:00am	Active Agers	Main Pool

#### WEDNESDAY

7:30am	Water Walking	Main Pool
8:30am	Aqua Fusion	Main Pool
10:00am	Aqua Dance	Main Pool

#### THURSDAY

7:30am	Aqua Tai Chi	Warm Pool
8:30am	Aqua Boot Camp	Main Pool
11:00am	Active Agers	Main Pool
6:30pm	Aqua Dance	Main Pool

Scan Code to download  
your own copy of the Schedule.

