

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
11:30am	Aqua Move	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

All Aqua Fitness Classes Are Included In Your Membership!

Aqua Move (45 min)

A fun and flexible water fitness class that blends a variety of low-impact workouts designed to keep you moving! Workouts change regularly, so every class offers something new while helping improve strength, flexibility, balance, and overall fitness.

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.

Scan Code to download your own copy of the Schedule.



2323 Oregon Pike · Lancaster · 717-569-5396
www.UniversalAthleticClub.com

