Call-in Drop-In Agua Fitness Schedule Effective: Jan 4-Mar 12



You must Call-In and Reserve your spots starting on Sundays for the upcoming week. Space is limited... so don't delay, register today! If you are unable to make it to your reserved time, please call us as soon as possible so we can give the spot to another customer waiting. NO CLASS FEB 15. Instructors, schedule and class sizes may change without notice

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|---|---|---|---|----------------------------|
| 8:00-8:45am Ne | Moderate Deep & Shallow | Moderate Deep & Shallow | Moderate Deep & Shallow | Moderate Deep & Shallow | Aqua Zumba |
| | Morning Stretch Ne | w! Morning Stretch Ne | Aqua Yoga Groove *Must Register* Ne See below | | Morning Stretch |
| 9:00-9:45am | Moderate Deep & Shallow | Moderate Deep & Shallow | Moderate Deep & Shallow | Moderate Deep & Shallow | Moderate Deep & Shallow |
| 10:00-10:45am | Moderate Deep & Shallow | Moderate Deep & Shallow | Moderate Deep & Shallow | Moderate Deep & Shallow | Moderate Deep & Shallow |
| 11:00-11:45am | Mild Deep & Shallow | Moderate Deep & Shallow | Mild Deep & Shallow | Moderate Deep & Shallow | Aqua Zumba |
| | Stretch & Strength | Gentle Fit | Stretch & Strength | Gentle Fit | |
| 12:15-1:00pm | Aqua Yoga *Must Register* See below | Baby & Me Aquafit *Must Register* See below | Aqua Yoga *Must Register* See below | Baby & Me Aquafit *Must Register* See below | |
| 6:30-7:15pm | | Aqua Yoga *Must Register* See below | | Aqua Yoga *Must Register* See below | |
| 6:45-7:30pm | Moderate Deep & Shallow | | Moderate Deep & Shallow | | |

DESCRIPTIONS:

Stretch & Strength: A warm water class focusing on strength and stretching. **Gentle Fit:** A warm water class focused on strength and flexibility.

Mild: A class for participants with mild physical challenges.

Moderate: A mix of both mild and moderate intensities.

Intense: A high intensity mix of strength and cardio.

Aqua Zumba: Zumba in the water.

Morning Stretch: Join this warm water stretch class.

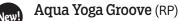
Registered Aqua Fitness Programs

Aqua Yoga (RP)

Enjoy a warm water yoga class, which includes cardio, strength and flexibility. This will integrate mind, body, spirit and leave you feeling energized, lengthened and relaxed! RP closed to the public. NO CLASS FEB 15.

INSTRUCTORS: Bonnie (M), Mary (Tu), Julianne (W/Th)

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|----------|--------------|--------------|---------|
| 13971 M | Jan 4-Mar 8 | 12:15-1:00pm | 9/\$80 |
| 13999 Tu | Jan 5-Mar 9 | 6:30-7:15pm | 10/\$89 |
| 14000 W | Jan 6-Mar 10 | 12:15-1:00pm | 10/\$89 |
| 14001 Th | Jan 7-Mar 11 | 6:30-7:15pm | 10/\$89 |



Join us for this warm water yoga class with a musical flare and a groovy twist!

INSTRUCTORS: Julianne

| 14275 W | Jan 6-Mar 10 | 8:00-8:45am | 10/\$89 |
|----------|---------------------|-------------|---------|
| 14276 Th | Jan 7-Mar 11 | 8:00-8:45am | 10/\$89 |

"Exercise not only changes your body, it positively changes your mind, your attitude and your mood."



Baby & Me AquaFit (MP)

Exercise for you while interacting with your baby (6-24mths)! This is a **30 minute** gentle shallow water workout plus a **15 minute** stretch in the warm pool for parents and tots. This class shares the pool with the public.

INSTRUCTORS: Cindy (Tu), Marni (Th)

| 13972 Tu | Jan 5-Mar 9 | 12:15-1:00pm | 10/\$89 |
|----------|--------------|--------------|---------|
| 14002 Th | Jan 7-Mar 11 | 12:15-1:00pm | 10/\$89 |

Please do not arrive early for your reserved program. If you arrive early, you will be asked to wait in your car until 10 minutes before your scheduled program.