

# Call-in Drop-In Aqua 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	Moderate Deep & Shallow <b>New!</b> Morning Stretch	Moderate Deep & Shallow <b>New!</b> Morning Stretch	Moderate Deep & Shallow <b>New!</b> Aqua Yoga Groove *Must Register* See below	Moderate Deep & Shallow <b>New!</b> Aqua Yoga Groove *Must Register* See below	Aqua Zumba <b>New!</b> 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 Stretch & Strength	Moderate Deep & Shallow Gentle Fit	Mild Deep & Shallow Stretch & Strength	Moderate Deep & Shallow Gentle Fit	Aqua Zumba
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)**

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

### **New!** Aqua Yoga Groove (RP)

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



### 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.**

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