



WATER FITNESS CLASSES

Oct 1st – April 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:00 am Swim Workout* Aquatic Center Stacy Pre-register			9:00 - 10:00 am Swim Workout* Aquatic Center Stacy Pre-register		7:45 - 8:30am Cardio Splash Main Club Lap Pool Varies
9:00 – 10:00 am Aqua Fit Main Club Lap Pool <i>Margie</i>	9:00 – 10:00 am Aqua Power Main Club Lap Pool <i>Arlene</i>	9:00 – 10:00 am Aqua Fit Main Club Lap Pool <i>Arlene</i>	9:00 – 10:00 am Aqua Power Main Club Lap Pool <i>Arlene</i>	9:00 – 10:00 am Aqua Fusion Main Club Lap Pool <i>Margie</i>	
10:05 – 10:45 am Aqua Yoga Main Club Warm Pool <i>Margie</i>	10:00 – 11:00 am Joint Venture Main Club Warm Pool <i>Arlene</i>	10:05 – 11 am Hydro Pilates Main Club Warm Pool <i>Arlene</i>	10:00 – 11:00 am Joint Venture Main Club Warm Pool <i>Arlene</i>	10:00 – 11:00 am Joint Venture Main Club Warm Pool <i>Margie</i>	
11:00 am – 12 noon Arthritis Warm Pool <i>Margie</i> \$\$/pre-register			11:00 am – 12 noon Arthritis Warm Pool <i>Margie</i> \$\$/pre-register		
5:15 - 6:15 pm Aqua Intensity Aquatic Center Stacy/ Ada	5:30 – 6:30 pm Aqua Intervals Main Club Lap Pool <i>Suzanne</i>	5:30 – 6:30 pm Aqua Intervals <i>Main Club Lap Pool</i> <i>Suzanne</i>	5:15 – 6:15 pm Aqua Intervals <i>Aquatic Center</i> <i>Suzanne</i>		

No Class: Thurs, Nov 28th Thanksgiving, Tues, Dec 24th Christmas Eve, Wed, Dec 25th Christmas, Tues, Dec 31st, Wed, Jan 1st New Year's Day

Class Descriptions

Aqua Power – This is a high intensity workout that concentrates on cardiovascular conditioning and strengthening, both lower and upper body. Class uses various pool equipment and water gloves can be used.

Aqua Fit – This is a high energy workout that combines cardio intervals, core strengthening, and balance and flexibility for a full body workout.

Aqua Fusion – This is a dynamic workout that concentrates on cardiovascular conditioning, core strengthening, body positioning, and easy to follow choreography.

Aqua Intervals - This is a high intensity all over workout designed to burn calories combining cardio and **interval** training with an emphasis on body mechanics and body awareness.

Aqua Intensity - This is a high intensity class with a little bit of everything to keep you motivated and moving. Rebounders, deep water and resistances equipment are used.

Aqua Yoga – This class takes your traditional yoga class and moves it into the pool. It is a perfect way to relax and experience optimal stretch.

Cardio Splash - Cardio Splash – An intense water workout that involves the total body, cardio, toning and all the time abs – you can handle it! Cardio Splash goes way beyond what you think is possible in the water.

Joint Venture – This is a low intensity workout done in warm water. Designed to ease sore joints, strengthen muscles, increase balance and flexibility, and improve functional fitness by working through a series of gentle, fluid movements.

Hydro Pilates – The perfect low intensity water workout designed to transform the mind and body through the use of warm water and pool resistance.

Swim Workout – This is a challenging workout that aims to build endurance and improve stroke technique. A different workout will be created for each day. Must be able to swim 100 yards freestyle. Preregistration is required.

Offered: Ses 1: Sept 23 - Oct 31 Ses 2: Nov 4 – Dec 12th Ses 3: Jan 6 – Feb 13, Ses 4: Mar 2 – April 9th

Arthritis Class – Endorsed by the Arthritis Foundation, this class utilizes the benefits of warm water and buoyancy to work through a gentle, fluid range of motion movements. It is designed to reduce body fatigue, pain, and joint stiffness, while improving mobility, muscle strength, and balance. Swimming ability is not required.

Dates: Ongoing – please visit website for next session start date.

Fee: \$180/session

Class size is limited. Pre-registration is required. Register Online at www.cedardale.net