



WATER FITNESS CLASSES

September 3rd – September 30th, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
9 – 10 am Aqua Fit Indoor Lap Pool <i>Margie</i>	9 – 10 am Aqua Power Indoor Lap Pool <i>Arlene</i>	9 – 10 am Aqua Fit Indoor Lap Pool <i>Arlene</i>	9 – 10 am Aqua Power Indoor Lap Pool <i>Arlene</i>	9 – 10 am Aqua Fusion Indoor Lap Pool <i>Margie</i>
10:05 – 10:45 am Aqua Yoga Warm Pool <i>Margie</i>	10 – 11 am Joint Venture Warm Pool <i>Arlene</i>	10:05 – 11 am Hydro Pilates Warm Pool <i>Arlene</i>	10 – 11 am Joint Venture Warm Pool <i>Arlene</i>	10 – 11 am Joint Venture Warm Pool <i>Margie</i>
11 am – 12 noon Arthritis Warm Pool <i>Margie</i> \$\$/pre-register			11 am – 12 noon Arthritis Warm Pool <i>Margie</i> \$\$/pre-register	
	5:30 – 6:30 pm Aqua Intervals Indoor Lap Pool <i>Suzanne</i>			
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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.

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.

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.

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

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.

Date: Please visit website for current session dates or email Margie Galanos at mgalanos@cedardale-health.net

Fee: \$180/session

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



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