

WATER FITNESS CLASSES

May 1st – August 30th, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	8:05 am Water Workout* Outdoor Pool Brenda Pre-register		8:05 am Water Workout* Outdoor Pool Brenda Pre-register	
9 – 10 am Aqua Fit Indoor Lap Pool Margie	9 – 10 am Aqua Power Indoor Lap Pool Arlene	9 – 10 am Aqua Fit Indoor Lap Pool Arlene	9 – 10 am Aqua Power Indoor Lap Pool Arlene	9 – 10 am Aqua Fusion Indoor Lap Pool Margie
10:05 – 10:45 am Aqua Yoga Warm Pool Margie	10 – 11 am Joint Venture Warm Pool Arlene	10:05 – 11 am Hydro Pilates Warm Pool Arlene	10 – 11 am Joint Venture Warm Pool Arlene	10 – 11 am Joint Venture Warm Pool Margie
11 am – 12 noon Arthritis Warm Pool Margie \$\$/pre-register	1:15 – 2 pm Cardio Splash** Outdoor Pool Ada/Stacy		11 am – 12 noon Arthritis Warm Pool Margie \$\$/pre-register	
	5:30 – 6:30 pm Aqua Intervals Indoor Lap Pool Suzanne		1:15 – 2 pm Cardio Splash** Outdoor Pool Ada/Stacy	
			5:30 – 6:30 pm Aqua Intervals Indoor Lap Pool Suzanne	

*Water Workout is offered June 18th – July 30th / **Cardio Splash is held in the outdoor pool from June 25th – Aug 6th

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.

Water 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. Offered June 18th – July 30th only. Preregistration is required.

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: Monday, June 3rd – Monday, July 15th (no class Thursday, July 4th)

Fee: \$180/session

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

