



**GROUP FITNESS AQUA PROGRAM 2008**  
MARCH 17, 2008

**AQUA CLASSES-** *Classes meet out on the pool deck.*

	MON	TUES	WEDS	THURS	FRI	SAT
6:00 a.m.	WAKE UP WORKOUT Karen		WAKE UP WORKOUT Karen		WAKE UP WORKOUT Karen	
7:00 a.m.	AQUA WALK Karen		AQUA WALK Karen		AQUA WALK Karen	
8:00 a.m.	MACHOCISE Karen	WATER B.A.B.E. Karen	MACHOCISE Karen	WHAT NOW? Karen	SWIM SLIM Karen	WATER B.A.B.E Karen
9:00 a.m.	3-T Karen	WATER WORKS Kaki	3-T Karen	WATER WORKS Stacy	3-T Karen	WATER WORKS Marcie/Kaki
10:00 a.m.	S.N.A.P. Karen	WHAT NOW? Karen	S.N.A.P. Karen	WATER B.A.B.E Karen		
5:30 p.m.	S.N.A.P. Karen	WHAT NOW? Karen	3-T Karen	WATER B.A.B.E Karen	TEEN-E-TIME Karen	
6:15 p.m.	SOAKIN WET Kaki	3-T Karen		3-T Karen		
6:30 p.m.			AQUA TRACK Rose			
7:15 p.m.	WATER B.A.B.E Karen	MACHOCISE Karen		MACHOCISE Karen		

**AQUATIC CLASS DESCRIPTIONS**

Water exercise is one of the best low-impact fitness activities around. Exercising in the pool increases cardiovascular endurance and muscle strength with minimal stress on the joints. Please bring a towel and a water bottle (no glass) to class. \* All **NEW** programs listed are done in mid-level water. No swimming/deep water experience necessary.

**\*3-T (Tummy, Tush, Thighs)** – Focusing on the three areas that are of greatest concern to people. This class will strengthen, tighten and increase your flexibility. Class held in mid-depth water.

**\*S.N.A.P.** – Special Needs Aquatic Program – Specially designed to be adapted, adjusted and directed at those issues most needed by participants with any type of condition that is chronic, limiting or requiring special care and consideration.

**\*Water B.A.B.E.** – Before/After/Birth/Exercises – Prenatal and post natal water exercise program to reduce discomforts, strengthen, tone, and work those areas involved with pregnancy.

**\*What Now?** – Doctor says you are recovering well, "Keep up the Good Work!" Physical Therapy has gone well "Keep up the Progress!" What Now? Come to the water and continue improving without impact, strain or pain!

**\*Water Walking** – More than just a stroll through the water! Come join us while we march, jog, weave and sometimes dance across the pool using water resistance and buoyancy to strengthen, tone and stretch those muscles that carry us through the day.

**\*Machocise** – Hey guys...think this stuff is just for ladies? Think water exercise is easy? Come find out what you have been missing as we work at finding those six packs and work up a sweat in the water! Are you man enough to handle it? Ladies, you are welcome to join in the fun!

**\*Wake-up Work-Out** – A great way to start the day! Get-up, get-in, work-out and head out to face whatever the day may bring with energy, vitality and bounce to your step!

**Water works** – This invigorating class is held in the **shallow water**. We will teach you how to increase your range of motion and balance through changes in resistance, intensity and speed.

**Soakin' Wet** – This class is held in the **deep water** but is great for all levels of ability. Participants use floatation belts. You do not need to be able to swim, but you should be comfortable in the deep water.

**Aqua Track-** We have moved to the pool! This great running workout is now suitable for all levels in the pool. Meet our instructor on the pool deck and get ready for a great low impact workout!

*Schedule subject to change without notice*

If you have any additional questions please call Terri (352) 241-7144, ext. 4204.