

FITNESS CLASS SCHEDULE

Effective July 17, 2018

Mon	Tues	Weds	Thurs	Fri	Sat	Instructor
8:30 – 9:30 am Water Workout	8:30 – 9:30 am Water Workout	8:30 – 9:30 am Water Workout	8:30 – 9:30 am Water Workout	8:30 – 9:30 am Water Workout		Aida
	Zumba Sentao 9:45 – 10:30 am		Zumba Sentao 9:45 – 10:30 am			Aida
1 – 2 pm Water Workout		1 – 2 pm Water Workout		1 – 1:45 am Aqua Rhythm		Aida
	Zumba Sentao 4:00 – 4:45 pm		Zumba Sentao 4:00 – 4:45 pm			Aida
Aqua Rhythm 6:15 – 7 pm		Aqua Rhythm 6:15 – 7 pm		Aqua Rhythm 6:15 – 7 pm		Aida
	You Yoga w/Jo 5:30 – 6:30 pm		You Yoga w/Jo 5:30 – 6:30 pm			Joanna
Aqua Abs 7:15 – 7:45 pm						Aida
		Aqua Boot Camp 7:15 – 8:15 pm		Aqua Boot Camp 7:15 – 8:15 pm		Aida

ALL CLASSES ARE INCLUDED WITH YOUR MEMBERSHIP FEE

Description/Level of impact of Classes:

Aqua Abs – All levels of impact – tightening and strengthening Core Workout in the water

Aqua Rhythm – Med/Low Impact Water based dance Class (works all muscle groups)

Aqua Boot Camp – High Impact – Combo of Cardio and Strength

Water Workout – Low Impact Aerobics in the water

Zumba Sentao – Zumba with chairs – All levels of Impact (Strengthening & Toning)