



AQUATIC GROUP EX

Winter 2010
Effective Feb. 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:00am		Masters Swim Brian \$		Masters Swim Brian \$			
6:30am						Masters Swim Brian \$	
8:00am	Cardio Blast MaryFran		Cardio Blast MaryFran		Cardio Blast MaryFran		
8:30am	Deep Water MaryFran		Deep Water MaryFran		Deep Water MaryFran		
9:00am						Deep Water Connie	
9:15am		Masters Swim Brian \$		Masters Swim Brian \$			
9:30am		Shallow Aqua Combo Leslie		Shallow Aqua Combo Leslie			
5:00pm							Masters Swim \$
6:30pm		Deep Cardio Splash Connie	Masters Swim Brian \$	Deep Cardio Splash Connie			

\$ = Fee Based Program

Class	Description
CARDIO BLAST	This half hour high intensity class will combine both cardiovascular and strength training using water resistant equipment.
DEEP CARDIO SPLASH	Deep water aerobics and strength training.
AQUA CORE STRENGTH	This class focuses on total body strengthening with emphasis on the core.
DEEP WATER	This no impact class provides a cardio workout. Be prepared to run, cross country ski, jack and much more using a flotation belt.
SHALLOW AQUA COMBO	This is a fun class for everyone and is set to music, offering a medium to high intensity aerobic workout. Exercises include a variety of calisthenics and modified dance steps with a balance of strength and cardio movements. Many tools are used including noodles, aqua weights, and more. You pace the class to fit your fitness level.
AQUA KICKBOXING	This fun and unique class incorporates a variety of kickboxing moves combined with some traditional water exercises to create a great full body workout that can be adapted to any fitness level.
MASTERS	Masters is a coached non-competitive swim practice for ages 18 and up. It will help improve your individual swim goals whether they be for triathlon training or swimming for physical benefits. This program is open to swimmers of all levels from seasoned veterans to those returning to the sport.