

AQUATICS GROUP FITNESS

	MON	TUE	WED	THU	FRI	SAT	SUN
5 AM		MASTERS SWIM Brian (\$)		MASTERS SWIM Brian (\$)			
6 AM						MASTERS SWIM (90) Brian (\$)	
7:30 AM		MASTERS SWIM Brian (\$)		MASTERS SWIM Brian (\$)			
8:30 AM	WATER FITNESS DEEP Emily	WATER FITNESS SHALLOW Linda	WATER FITNESS DEEP Amy	WATER FITNESS SHALLOW Linda	WATER FITNESS DEEP Carol		
9:30 AM						WATER FITNESS DEEP Connie	
11:00 AM							MASTERS SWIM Brian (\$)
6:00 PM		WATER FITNESS SHALLOW Connie		AQUA ZUMBA Debbie			

all classes are 60 min unless noted otherwise

CLASS DESCRIPTIONS



Water Fitness DEEP

This is a zero impact deep water, full body cardio and strength training workout. Water belts are worn and water weights are used for resistance strength training. Great workout for any fitness level.

Water Fitness SHALLOW

This class is held in the shallow end. A combination of movements will be used to achieve a cardio and strength training workout.

Aqua ZUMBA

Combines the traditional Zumba dance moves with water resistance, providing a low-impact workout for all fitness levels

Masters Paid for Program

This is a coached non-competitive swim practice for ages 18 and up. It will help improve your individual swimgoals whether they are for triathlon training or swimming for physical benefits. Register at the front desk or email Lynn Gillespie Lappas at lynn@kingsburyclub.com to sign up or with questions.