



Aquafit Unlimited

Summer Schedule Begins Monday, June 6

Most classes held at RecPlex

Aquafit moves outdoors into the great summer weather with select classes at Meadows Pool (1401 W. Gregory St)

No make-ups for outdoor classes due to inclement weather, communicated via email.



Low Intensity

Arthritis Loosen your limbs, relax and find comfort while exercising in the soothing waters. Use the resistance of the water to enhance your body's flexibility & overall wellbeing.

Medium Intensity

Aquabata This shallow water class takes advantage of the latest trend in fitness to deliver the next level of training to your aquatic exercise. High Intensity Interval Training (HIIT), including the specialized Tabata format, transitions into the water with high-powered results.

Deep H2O Thanks to the buoyancy of water, you will be able to strengthen your muscles & improve your cardiovascular fitness. Push & Pull against the resistance of the water to help build strength without putting stress on your joints.

Ease Increase cardiovascular fitness, strength & flexibility. The water provides high-resistance, yet low impact environment that challenges you while toning your body and strengthening your heart.

Jog This no-impact aerobics workout is a blend of cardio and resistance training, incorporating water weights and noodles.

High Intensity

Power This popular mild-impact routine includes aerobics, strengthening & toning exercises. Focused on bringing up your heart rate with cardio and strength exercises often using pool resistance equipment.

Aqua Boot Camp Performed in chest deep water, this class is a total body low-impact workout that improves core strength, balance & cardiovascular endurance. A mixed format class that uses both water and equipment resistance training to improve muscle tone & reduced stress on the joints.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45-9:30 AM Ease	8:50-9:50 AM Power	8:45-9:30 AM Ease	8:50-9:50 AM Power	8:50-9:50 AM Jog
8:50-9:50 AM Jog		8:50-9:50 AM Jog		10:00-11:00 AM Arthritis
 10:00-10:45 AM Aquabata Meadows Pool		 10:00-10:45 AM Aqua Boot Camp Meadows Pool		 12:00-1:00 PM Deep H2O Meadows Pool
6:00-6:45 PM Aqua Boot Camp		10:00-11:00 AM Arthritis		



Wednesday, 6:00-6:45 PM
Aquabata* Meadows Pool

Purchase a single month or recurring membership and come to all the classes we offer!

Lap Swim at RecPlex included with your membership!

Daily Drop-In	\$10
Recurring Membership	R \$60 NR \$70
Single Month Fee	R \$70 NR \$80

*No Aquabata June 22, July 6, July 20 & July 27 Due to Swim Meets

