

AquaFit Unlimited

Fall Schedule Begins Tuesday, Sep. 6
 Classes held at RecPlex



Purchase a single month or recurring membership and come to all the classes we offer!
Lap Swim included in AquaFit Unlimited membership!



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

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.

Aquabata Light A shallow water class using High Intensity Interval Training (HIIT), including the Tabata format. This class is a lower intensity class from our Aquabata offering, loosen your limbs and joints to increase cardiovascular fitness, strength & flexibility.

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.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45 AM Ease	9:00-10:00 AM Power	9:00-9:45 AM Ease	9:00-10:00 AM Power	9:00-10:00 AM Jog
9:00-10:00 AM Jog	10:15-11:00 AM Aquabata	9:00-10:00 AM Jog	10:15-11:15 AM Arthritis	10:15-11:00 AM Ease
10:15-11:15 AM Arthritis	6:45-7:30 PM Instructor's Choice*	10:15-11:00 AM Aquabata Light		

***Class Dates**
 Sep. 13, Sep. 27,
 Oct. 11, Oct. 25,
 Nov. 8 & Nov. 22

Personal Training!

Contact Linda Zalewski 847-640-1000 x230
 \$25/half hour session with our experienced Aqua Fitness instructors

