

AquaFit Unlimited

Fall Schedule Begins Tuesday, Sep. 5
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!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:45 AM Aqua Yoga Instructor Kraig	9:00-10:00 AM Power Instructor Dena	9:00-9:45 AM Ease Instructor Dena	9:00-10:00 AM Power Instructor Dena	9:00-10:00 AM Jog Instructor Kearin
9:00-10:00 AM Jog Instructor Kearin	10:15-11:00 AM Aquabata Instructor Dena	9:00-10:00 AM Jog Instructor Kearin	10:15-11:00 AM Aquabata Deep Instructor Dena	10:00-10:45 AM Aqua Yoga Instructor Kraig
10:15-11:15 AM Arthritis Instructor Loree	<i>Evening Option</i> 6:45-7:30 PM Instructors Choice Instructor Dena		10:00-10:45 AM Aquabata Light Instructor Dena	10:15-11:15 AM Arthritis Instructor Loree

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.

Aqua Yoga Relaxing aquatic exercise that allows focus on balance and strength using traditional yoga poses in the water.

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.

Aquabata Deep A deep water version of Aquabata which provides a zero impact workout.

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.

Personal Training!

Contact Linda Zalewski 847-640-1000 x230
\$30/half hour session with our experienced
Aqua Fitness instructors

