

AquaFit Unlimited

Summer Schedule June 10-Aug. 4



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.

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

Lap Swim at RecPlex included with your membership!

Single Class Fee \$10

Recurring Membership **R** \$60 **NR** \$70

Single Month Fee **R** \$70 **NR** \$80

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:45-9:45 AM Jog Instructor Kearin	8:45-9:45 AM Power Instructor Dena	8:45-9:30 AM Ease Instructor Dena	8:45-9:45 AM Power Instructor Dena	9:00-9:45 AM Aqua Sculpt Instructor Kraig
9:00-9:45 AM Aqua Yoga Instructor Kraig	10:15-11:00 AM Aquabata Instructor Dena Meadows Pool	8:45-9:45 AM Jog Instructor Kearin	10:15-11:00 AM Aquabata Instructor Dena Meadows Pool	10:00-10:45 AM Aqua Yoga Instructor Kraig
Aqua Boot Camp Pop-Ups Monday, 6:30-7:15 PM June 10, June 24, July 1 RecPlex: Dena		10:00-10:45 AM Aqua Boot Camp Instructor Dena Meadows Pool		
		10:00-11:00 AM Arthritis Instructor Loree		

Personal Training!

Contact Linda Zalewski
847-640-1000 x230

\$30/half hour session with our experienced Aqua Fitness instructors



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.

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.

Aqua Sculpt Dive into our Aqua Sculpt class and experience the perfect blend of strength and cardiovascular training! Held in both the shallow and deep water, this lower-impact workout is designed to target every muscle group in your body.

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.

