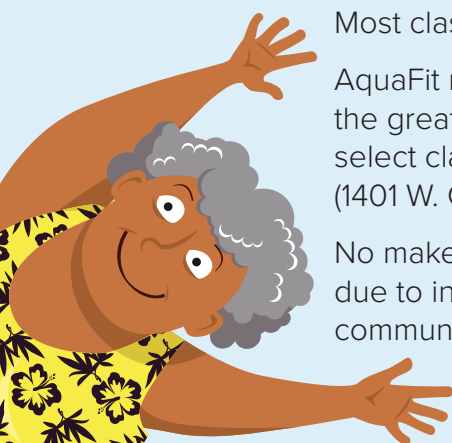


# AquaFit Unlimited

## Summer Schedule June 2-Aug. 3



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

8:45-9:45 AM  
**Jog**  
Instructor Kearin

9:00-9:45 AM  
**Aqua Yoga**  
Instructor Kraig

### TUESDAY

8:45-9:45 AM  
**Power**  
Instructor Dena

10:15-11:00 AM  
**Aquabata**  
Instructor Dena  
Meadows Pool

### WEDNESDAY

8:45-9:30 AM  
**Ease**  
Instructor Dena

8:45-9:45 AM  
**Jog**  
Instructor Kearin

10:00-10:45 AM  
**Aqua Boot Camp**  
Instructor Dena  
Meadows Pool

10:00-11:00 AM  
**Arthritis**  
Instructor Loree

### THURSDAY

8:45-9:45 AM  
**Power**  
Instructor Dena

10:15-11:00 AM  
**Aquabata**  
Instructor Dena  
Meadows Pool

No AquaFit July 10

### FRIDAY

8:45-9:45 AM  
**Jog**  
Instructor Loree

9:00-9:45 AM  
**Aqua Sculpt**  
Instructor Kraig

10:00-10:45 AM  
**Aqua Yoga**  
Instructor Kraig

#### Aqua Boot Camp Pop-Ups

Monday, 6:30-7:15 PM  
June 2 & 23, July 7 & 28  
RecPlex: Dena



#### Aquabata Deep Pop-Ups

Wednesday, 6:00-6:45 PM  
June 4, 11 & 18, July 16 & 30  
Meadows Pool: Dena

#### Instructor's Choice Pop-Ups

Saturday, 9:00-10:00 AM  
June 14 & July 5  
RecPlex: Loree

#### Deep H2O Pop-Ups

Friday, 11:00 AM-12:00 PM  
June 6 & 20 July 18 & 25  
Meadows Pool: Dena

## 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.