

AquaFit

Summer Schedule June 8-July 31

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.



All In Membership

Recurring Membership	R \$60 NR \$70
Single Month Fee	R \$70 NR \$80
Single Class Fee	R \$12 NR \$15

All In Membership Benefits:

- AquaFit Classes (Indoor and Outdoor)
- Lap Swim (RecPlex Only)
- Group Fitness Classes
- Access to the Fitness Centers at CCC & RecPlex
- Access to courts and track

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.

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

Deep H2O Thanks to the buoyancy of water, you will be able to strengthen your muscles & improve your cardiovascular fitness. Push and 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.

Pilates A low-impact, full-body workout combining Pilates principles with water resistance. Improve core strength, balance, and flexibility while staying cool in the pool!

Strength & Balance Improve upper body strength, core stability, and balance through low-impact aquatic exercises. This supportive water workout enhances coordination, mobility, and overall fitness while being easy on the joints.

High Intensity

Aqua Bot 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.

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

8:45-9:45 AM
Jog
Instructor Kearin

10:15-11:00 AM
Deep H2O
Instructor Veronica
Meadows Pool

Aqua Boot Camp Pop-Ups

Monday, 6:30-7:15 PM
June 8, 22 & 29
RecPlex: Dena

TUESDAY

8:00-8:30 AM
Strength & Balance
Instructor Dena

8:45-9:45 AM
Power
Instructor Dena

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 class July 2

FRIDAY

8:45-9:45 AM
Jog
Instructor Loree

10:00-10:45 AM
Pilates
Instructor Loree

Aquabata Deep Pop-Ups

Saturday, 10:00-11:00 AM
June 20 & July 11 & 25
Meadows Pool: Dena

Aquabata Deep Pop-Ups

Wednesday, 6:00-6:45 PM
June 17 & 24
Meadows Pool: Dena

