



AquaFit

Aug. 17-Sep. 4



Gap Schedule

Meadows Pool

1401 W. Gregory St.



No make-ups for outdoor classes due to inclement weather.

Communicated via email.

Non-Members please call 847-640-1000.

Low Intensity

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.

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.

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!

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.

RecPlex Pool Closed for Cleaning

RecPlex Fall Schedule begins Tuesday, September 8



MONDAY

9:00-10:00 AM
Jog
Instructor Dena/Kearin

TUESDAY

9:00-10:00 AM
Power
Instructor Dena

10:15-11:00 AM
Aquabata Light
Instructor Dena

WEDNESDAY

9:00-9:45 AM
Ease
Instructor Dena

9:00-10:00 AM
Jog
Instructor Loree/Kearin

10:00-11:00 AM
Aquabata/Core
Instructor Dena

THURSDAY

9:30-10:15 AM
Power
Instructor Linda

10:15-11:00 AM
Aquabata Deep
Instructor Dena

FRIDAY

9:00-10:00 AM
Jog
Instructor Loree

10:15-11:00 AM
Pilates
Instructor Loree

Recurring Membership
R \$60 NR \$70

Single Month Fee
R \$70 NR \$80

Evening Option

6:45-7:30 PM
Instructors Choice (Deep)
Instructor Dena

Saturday Pop-Up

Instructor's Choice
Saturday, Aug. 22
11:00-12:00 AM
Instructor Dena



All In Membership Benefits:

AquaFit Classes • Lap Swim (RecPlex Only)

Group Fitness Classes (Fall Program Guide p. 54)

Access to the Fitness Centers at CCC & RecPlex (Fall Program Guide p. 53)

Access to courts and track

Single Class Fee \$10

