AquaFit

Classes held at RecPlex

Fall/Winter Schedule

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
- Lap Swim
- Group Fitness Classes (p. 54)
- Access to Fitness Centers at CCC & RecPlex (p. 53)
- Access to courts and track

Class Descriptions

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 Trailing (HIIT), including the specialized Tabata format, transitions into the water with high-powered results.

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.

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

Deep H20 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.

Joint Movement Designed for those with joint pain & weakness, this gentle, low-impact class improves flexibility, mobility, balance, and strength while reducing stress on the joints.

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!

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.

Power Light Similar to Power, the cardio portion will only be (30min).

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.

MONDAY

- 9:00-9:50 AM **Deep H2O** **Instructor** Kearin
- 10:10-11:00 AM **Joint Movement** **Instructor** Loree

TUESDAY

- 8:20-8:50 AM **Strength & Balance** **Instructor** Dena
- 9:00-9:50 AM **Power** **Instructor** Dena
- 10:00-10:50 AM **Aquabata Light** **Instructor** Dena

TUESDAY EVENING

- 6:45-7:35 PM **Instructor's Choice** **Instructor** Dena

WEDNESDAY

- 9:00-9:50 AM **Deep H2O** **Instructor** Kearin
- 9:00-9:50 AM **Power Light** **Instructor** Dena
- 10:00-10:50 AM **Aquabata** **Instructor** Dena

THURSDAY

- 9:00-9:50 AM **Power** **Instructor** Dena
- 10:00-10:50 AM **Aquabata Deep** **Instructor** Dena
- 10:10-11:00 AM **Joint Movement** **Instructor** Loree

FRIDAY

- 9:00-9:50 AM **Deep H2O** **Instructor** Loree
- 10:00-10:50 AM **Pilates** **Instructor** Loree

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