



AQUATIC EXERCISE

SCHEDULE & CLASS DESCRIPTIONS

Class Descriptions

Aqua AMP | 45-min format | This class offers a strength circuit designed to work all your major muscle groups.

Aqua Fit | 45-minute format | This multi-level aqua workout offers both cardiovascular and muscle conditioning using the waters resistance for a full body workout.

Aqua Core | 45-minute format | This workout is designed to tone and sculpt the body, while strengthening your core.

Aqua ROM+E | 45-minute format | This low impact class will focus on range of motion for the entire body while elevating your heart rate in a controlled manner. Great for beginners or individuals with arthritis and/or fibromyalgia.

Aqua Zumba® | 45-minute format | This class offers a low impact, high energy aquatic exercise class blending the Zumba® philosophy with water resistance to offer a pool party you won't want to miss.

H2y0ga | 45-minute format | This is a gentle water exercise class that uses the basic exercises, principles, and movements of yoga and adapts them to a water environment.

Time	Class	Instructor	Intensity
MONDAY			
8:30 am	Aqua Fit	Kyle	Medium
10:30 am	Aqua AMP	Kyle	Medium - Heavy
TUESDAY			
10:30 am	Aqua Fit	Kyle	Medium
5:30 pm	Aqua Core	Audrey	Medium
WEDNESDAY			
8:30 am	Aqua ROM + E	Christy	Light - Medium
10:30 am	Aqua Core	Kyle	Medium
THURSDAY			
10:30 am	Aqua Fit	Kyle	Medium
12:00 pm	H2yOga	Kyle	Light - Medium
5:30 pm	Aqua Amp	Audrey	Medium - Heavy
FRIDAY			
8:30 am	Aqua Core	Kyle	Medium
10:30 am	Aqua AMP	Kyle	Medium
SATURDAY			
8:45 am	Aqua Zumba®	Amy/Dena	Medium

HFC Closed Sunday, April 9

We will be closed on Sunday, April 9 in observance of Easter.

Sunday Mind-Body Classes

Join Lori Isom for more mind-body pop-up classes in April! She will offer yoga on Sunday, April 2, 16, and 30 at 2:00 pm. This popular 45-60 minute class will offer a combination of traditional yoga flow, full body stretching/flexibility, and guided relaxation.