



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 |

On **Wednesday, November 23** we will close at 8:00 pm and we will not offer Group Exercise or Aquatic classes after 12:00 pm.

The HFC will be closed on **Thursday, November 24** in observance of Thanksgiving.

Friday, November 25 we will offer **10:30 am Aqua AMP with Kyle**.